**Post-treatment Guidelines - General**

* Wash the treatment area gently with soap and water. Do not soak. Gently pat area to dry.
* Do not shave the treated area if blistering or crusting is evident.
* Avoid contact sports or any other activity that could cause bruising of the treated area.
* Following the laser treatment, activities, such as swimming, sports, or strenuous exercise should be avoided for the first 2–3 days, or until any redness, crusting, or blisters have resolved.
* For vein treatment, avoid exercises that can cause vasodilatation for one week post-treatment. Walking is encouraged after vein treatment.
* Avoid sun exposure throughout the course of treatment and use a broad-spectrum (UVA/UVB) sun block SPF 30 or greater when treatment area is exposed to the sun.
* Delayed blistering secondary to sun exposure has been noted up to 72 hours post-treatment.
* Do not use tanning beds.
* Avoid hot baths/whirlpools for one week following treatment (vein treatment)
* Following treatment, apply an aloe-based gel or equivalent to sooth and moisturize the skin.
* Normal skin care regimens, i.e., makeup, moisturizers, deodorant, and shaving may be resumed the day after treatment if there is no redness, blistering, or crusting present. If makeup is allowed, apply and remove it delicately. Excess rubbing can open the area and increase the chance of scarring. If the area blisters, extreme caution should be used when applying or removing makeup. The treated area is very delicate and should be treated with care.
* Discomfort, such as swelling or redness (lasting from a few hours to a couple of days), can be relieved with acetaminophen or ice packs (vein treatment).
* Instruct patient to contact physician if there is any sign of blistering or infection (redness, tenderness, or pus).
* Apply lotion to the area to prevent drying and crusting. Lotion applied following the laser treatment can have a soothing effect. If a crust develops, allow it to fall off naturally. Do not scratch or pick (vein treatment).
* An antibiotic cream should be used if there is any blistering or break in the skin.
* Treated pigmented lesions will likely crust then slough over the course of several days or weeks. Patients should not scratch or pick at crusts.