

# Vasculaze

## Aftercare Instructions

### **Before your Treatment**

- Alert your provider if you have ever had cold sores
- Ensure that your skin is NOT TANNED or received any recent sun exposure
- Arrive without any makeup
- Discontinue any prescription and non - prescription retinoids for at least 7 days prior to procedures ( Examples include Epiduo, Tretinoin, RetinA, Veltin, Differin, Fabior, Tazorac, Alpha Ret, Renova)

### **What you may expect after your treatment**

- Mild heat, redness, slight swelling for up to 48 hours.
- Sensitivity to extreme heat or hot water.
- The treated vessel may disappear after treatment, or sometimes will become darker in color.
- Bruising is possible and can last up to 2 weeks
- Please alert the provider if you get cold sores, as a prophylactic medication may be recommended.

### **What to avoid**

- Do not use any exfoliants, scrubs, cleansers that contain harsh acids (i.e. glycolic acid, salicylic acid), or micro beads.
- Waxing or Shaving should be avoided over treated for 7 days
- Do NOT peel or pick at the treated area as it heals.
- **If you experience open sores, yellow crusting, scabs, blistering, prolonged redness, or suspect an infection, please call or text our office at 248-338-6400. Follow the instructions on the voicemail to reach the physician after hours.**

### **What is OK**

- For the first 2 days, you may use a gentle soap free cleanser for the next week. Fresh Face Cleanser, Cerave, and La-Roche Posay are great options. After cleansing we recommend moisturizing with Cicaplast Balm, but it is safe to use vaseline or aquaphor. If you use something other than these, please ask your provider if this is a good post care option.
- Moisturize frequently throughout the day for comfort, be sure to wash your hands to minimize any chance of infection.
- Phyto Corrective Gel, Hydro Plump serum, Needle Free serum, and Thermal spring water will also help keep the skin hydrated and comfortable.
- After 2 days you may resume your regular skin care routine.
- An SPF of 50 or higher is recommended for daily protection for 30 days.