

# *Dr. Michele Zormeier*

## **VASCULAR LASER TREATMENT**

### **POST LASER PATIENT GUIDE**

If you have any questions or encounter any perceived problems, please contact Dr. Michele Zormeier at 317-414-3000.

Follow the post-treatment instructions listed below.

1. Apply a wrapped ice pack or Laser Relief gel to the site to reduce the discomfort or swelling, as needed.
2. Cleanse skin gently. Moisturizing lotions can be used if the area becomes dry.
3. If crusting, scabbing or a blister develops, apply a thin layer of antibiotic ointment (Polysporin or Bacitracin) to the site.
4. Use sunscreen of SPF 30 or greater with UVA/UVB protection. Avoid prolonged direct sun exposure and tanning for at least two weeks after each treatment.
5. Avoid the use of aspirin, Advil, and/or medication containing aspirin unless prescribed by your physician. Use Tylenol for discomfort.
6. Avoid strenuous exercise, hot tubs, and saunas for several days after the procedure.
7. Makeup can be worn after the first day providing there are no apparent problems.

Do remember that the treatment site is delicate and should be treated with care. Typically, within a day any discomfort should disappear. The area may feel warm, appear swollen, reddish or bruised. Sometimes a blister or scabbing can occur, but will generally heal within a week or two. Any changes in skin color may last several months.

The above post-treatment instructions have been reviewed and understood by:

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Medical Staff: \_\_\_\_\_ Date: \_\_\_\_\_