



WILMINGTON  
DERMATOLOGY  
C E N T E R

### **Skin Care after Vascular Lesion Laser Treatment**

1. You may shower or bathe, but do not rub the lased areas with a washcloth. Pat skin gently dry with a towel. The treated skin is extremely delicate and can be easily injured with vigorous rubbing.
2. To relieve any swelling, apply ice wrapped in a soft cloth every hour for 10-15 minutes at a time during the first evening of treatment.
3. Protect treated areas from sun exposure which can lead to permanent skin changes. Use a broad spectrum sunscreen with SPF 30 or higher throughout the course of treatment.
4. You may wear make-up after treatment. Use extreme care in removing make-up rubbing too hard can injure the skin and lead to permanent changes in its texture.
5. If laser was used to treat leg veins prop feet up on a pillow or side chair to alleviate any swelling or discomfort for the first 1-2 days.
6. Excessive swelling, crusting, pain, or fever could indicate infection, while extremely rare if infection is suspected it is imperative that our office be contacted immediately at 910-256-4350.