**Patient Instructions for Vascular Laser**

**Prior to treatment:**
1) Avoid sun exposure for 4 weeks before and after treatment.
2) Aspirin should be discontinued 7 days prior to treatment (please check with your primary care physician if prescribed for medical reasons).
3) Non-steroidal anti-inflammatory medications (ibuprofen, naproxen, etc.) should be discontinued 3 days prior to treatment.
4) The following herbal supplements should be discontinued 7 days prior to treatment: gingko, Ginseng, garlic, vitamin E, and iron.
5) If you have a history of perioral herpes (cold sores), antiviral medication will be prescribed prior to treatment.

**Day of Treatment:**
1) Please arrive 15 minutes prior to your scheduled appointment time.
2) The skin must be clean and dry. Do not apply lotions, perfumes, make-up, deodorant, etc. Do not use hairspray or other flammable products the day of treatment.
3) If applicable, take prescribed antiviral medication.

**Post-treatment Instructions:**
1) The treated area should be washed with mild soap and water twice daily. Pat the area dry (do not rub).
2) Cold compresses may be applied to the treated area for 15-20 minutes three times daily.
3) Acetaminophen (Tylenol) may be taken for discomfort.
4) Antihistamines (Benadryl) may be taken for itching.

**The following may influence the ability to undergo treatment:**
1) History of keloids
2) Pregnancy
3) Autoimmune disease
4) Failure to take pre-operative antiviral medication
5) Outbreak of perioral herpes (cold sores) at the time of treatment
6) History of Accutane, Tegison, or Aciterin within 1 year of treatment
7) Failure to sign the consent form