



Pulsed Dye Laser (Vbeam) Post-Treatment Care Sheet

What to Expect After Treatment

- Mild redness and swelling in the treated area (similar to a sunburn)
- Possible purplish discoloration (bruising), which can last 3–10 days depending on treatment intensity
- Slight warmth or sensitivity in the skin
- Rarely, mild blistering or crusting

Immediate Aftercare (First 24–48 Hours)

- Apply a cool compress (clean cloth with cold water) for 10–15 minutes at a time to reduce swelling
- Keep the treated area clean and dry
- Avoid touching, rubbing, or scratching the area
- Sleep with your head elevated if the face was treated to minimize swelling

Skin Care Instructions

- Gently cleanse the area with a mild, non-irritating cleanser
- Pat dry—do not rub
- Apply a gentle moisturizer to keep skin hydrated
- Avoid products with active ingredients (retinoids, exfoliating acids, benzoyl peroxide, vitamin C) for at least 5–7 days or until healed
- Do not pick at any crusting or scabs

Sun Protection (Very Important)

- Avoid direct sun exposure for at least 1–2 weeks
- Apply a broad-spectrum sunscreen (SPF 30 or higher) daily once skin tolerates it
- Wear protective clothing or a hat if outdoors

Activities to Avoid For at least 48 hours (or as advised by your provider):

- Hot showers, saunas, or steam rooms
- Vigorous exercise that causes heavy sweating
- Alcohol consumption (may worsen redness)
- Swimming in chlorinated pools or hot tubs

Makeup & Shaving

- Makeup can usually be applied after 24 hours if skin is intact (avoid if blistering or open skin is present)
- Use clean brushes/sponges to prevent infection
- Shaving can resume after a few days once sensitivity subsides

Bruising (Purpura) Care

- If bruising occurs, it is temporary and will fade naturally
- You may use gentle concealer after 24–48 hours if skin is intact
- Arnica (topical or oral) may help reduce bruising, if approved by your provider

When to Contact Your Provider

- Increasing pain, redness, or swelling after 48 hours
- Signs of infection (pus, excessive warmth, fever)
- Blistering or crusting that worsens
- Any unexpected or concerning reaction

Follow-Up

- Multiple treatments are often needed for best results
- Follow your provider's recommended schedule (typically 4–6 weeks apart)

Helpful Tips

- Stay well hydrated
- Be gentle with your skin during healing
- Consistent sun protection improves results and prevents complications