

Before and Aftercare: Excel V Laser

BEFORE (ALL TREATMENTS):

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- No sun-tanning or self-tanners 4 weeks prior to treatment. This includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- A history of herpes or cold sores may require an anti-viral prescription prior to treatment
- Multiple treatments may be required

AFTER (ALL TREATMENTS):

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Bruising, redness and swelling may occur and resolve with time
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment including products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.

AFTER (WARTS):

- Warts usually develop a black or crusty appearance 24-48 hours after treatment
- Treated warts usually slough off within 1-4 weeks
- The treated area may feel bruised for a few days. You may apply cold compress to relieve discomfort
- A blister may develop. Please notify the clinic if you are concerned. A bandaid and ointment may be applied

AFTER (PIGMENTED LESIONS):

- Treated pigment will turn darker (brown to black) within 24-48 hours. Avoid picking treated areas. Treated pigment will exfoliate off the face in approximately 1 week and the body in approximately 2-3 weeks

AFTER (VASCULAR):

- A “bug bite look” is common and usually resolves in 1-2 days.
- Bruising, redness and swelling may occur and resolve with time

LEG VEIN TREATMENTS:

- Compression stockings are recommended
- Avoid high impact activity 3-5 days
- Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years)



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