

## **Daphne Panagotacos, M.D.**

**Clayton Hinshaw, M.D.**

**Lena Kirakosian, FNP**

**Todd Lithgoe, PA-C**

32144 Agoura Road #106

Westlake Village, CA 91361

panagotacos@gmail.com

805-379-3376

805-379-3267 (Fax)

Diplomate, American Board of Dermatology

MOHS Micrographic Surgery

### **VASCULAR LESION POST-TREATMENT GUIDELINES**

- A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours.
- Mild swelling and/or redness may accompany this, but it usually resolves in two to three (2-3) days. Apply wrapped ice or gel packs to the treatment area for ten to fifteen (10-15) minutes every hour for the next four hours, as needed. Never apply ice directly to skin.
- An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.
- The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or Red color change. The vessels will fully or partially fade in about ten to fourteen (10-14) days.
- Until redness has resolved, it is recommended to **avoid the following**:
  - Applying cosmetics to treated areas.
  - Swimming, especially in pools with chemicals.
  - Hot tubs and Jacuzzis.
  - Activities that cause excessive perspiration.
  - Sun exposure to treated areas. Apply an SPF 45 or greater sunscreen to prevent skin color changes.
  - Aggressive scrubbing and use of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- Schedule a follow-up appointment for evaluation. Repeat treatments may be performed every seven to fourteen (7-14) days if skin has fully recovered.
- One to four (1-4) treatments may be necessary seven to fourteen (7-14) days apart.
- **Do not to pick, remove, or pull at any darkened lesions as scarring may occur.**

### **VASCULAR LESION TREATMENT POSSIBLE SIDE EFFECTS**

- Prolonged itching, redness, and blistering.
- Bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, purpura, crusting, swelling, infection, and removal or lightening of freckles.
- Removal or lightening freckles.
- Scarring.
- Risk of incidental hair reduction or removal in the treated areas

Please contact our office should you have any questions: 805-379-3376