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**Treatment Instructions for Vbeam**

*Disclaimer: You are not a candidate if you are pregnant or breast feeding.*

Pre-Treatment Instructions:

* If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment.
* Please inform your provider if you have metal plates, rods, screws or any history of gold therapy, lupus or connective tissue disease.
* Please notify your provider if you get post inflammatory hyperpigmentation, such as dark spots after acne or bug bites.
* Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
* Do NOT use the following products 3 days prior or 3 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider).
* Discontinue Accutane 4-6 months prior to treatment.
* Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
* Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.
* **Consider taking Arnica tablets 1 week prior to treatment to prevent bruising (Usage: Dispense 5 pellets under your tongue 3 times a day).**

Post-Treatment Instructions:

* Apply your Elta MD sunscreen every 2 hours to prevent post procedure side effects, if exposed to sun.
* Apply your Post Treatment Recovery Complex 2-4 times a day for at least 3 days after each treatment to soothe the skin and to speed up the recovery process.
* Stay hydrated and avoid excess sodium for the first 48 hours to reduce swelling and inflammation.
* Cleanse the area with tepid warm water and an Ultra Gentle Cleanser using your fingertips only and pat dry.
* Avoid extremities of heat such as: hot showers, hot tubs and saunas for 5-7 days post treatment.

What To Expect:

* Immediately after treatment, blood vessels may appear grey and may take a few days to resolve, but you may apply Glo Mineral makeup post treatment.
* Immediately post treatment, you should apply an ice pack every hour for 5-10 minutes for the first 48 hours.
* You may experience mild swelling, redness, and bruising after treatment that can last up to 7 days, in rare cases longer. It is normal for the treatment area to feel like a mild sunburn for a few hours post treatment.
* Leg vein treatments may take longer for the swelling, pigmentation, and redness to subside.
* Do NOT scrub or use washcloths, exfoliants, or abrasive products in this area. Allow the new skin to heal and allow the scabs to fall off naturally.
* Do not shave the treated area until the skin is completely healed. Gentlemen, you may experience hair loss if you opt for a treatment where your beard exists.