

Brown and Red Spot Instructions IPL and GentleMax Pro

Our office offers various lasers for the improvement of brown and red spots. We have the Icon IPL and the GentleMax Pro available to better tailor your personal skin care needs.

Before your treatment:

1. Sun Exposure: No sun exposure or use of tanning products 1 month prior to treatment.
2. Medications: Please inform us if you have taken:
 - a. Tetracycline based medications including doxycycline and minocycline. You should discontinue 1 week prior to treatment.
 - b. Isotretinoin in the past 6 months to 1 year
 - c. Topical retinoid products and glycolic products. You should discontinue 3 days prior to treatment.
3. Medical Conditions: Please inform us if you have a history of:
 - a. Connective Tissue Diseases like Lupus
 - b. Cold Sore Breakouts (Herpes Simplex) - we will give you medication to help prevent this from occurring.
 - c. Light Induced Seizures or Reactions
 - d. Active Infections or Immunosuppression
 - e. Pregnant
4. Male Patients: this laser targets red and brown pigment. It may target beard hair as well. If you are concerned over losing hair in the beard area, please inform us to avoid this area during your treatment session.
5. On the day of the treatment, please come with a clean face, wearing no makeup.
6. Typically, you will need 3-5 treatments to achieve 50% improvement. The treatments are spaced 1 month apart.

After your treatment:

1. Redness and Swelling: This will typically resolve in 2-3 days. A mild sunburn like sensation is normal for the first 2-24 hours. During this time, please avoid hot tubs and saunas, excessive perspiration, and aggressive scrubbing of your skin.
2. Brown Spots: These will turn darker and even black over the next 24-48 hours. They eventually flake off in 7-10 days. Treated areas other than the face may take 2-3 weeks to flake off.
3. Wear sunscreen daily and reapply frequently. Avoid sun as much as possible. Wear a hat if you must be outside for extended periods.
4. Avoid any irritating topical agents (retinoids, glycolics) for 1 week after your treatment.
5. You may wear makeup when the redness resolves, typically 1-2 days.

Pricing:

- One site for Face or Neck or Chest or Forearms or Upper Arms or Hands. Two sites for Lower Legs or Thighs.
- 1 site - \$450/treatment
- 2 sites - \$600/treatment
- 3 sites - \$800/treatment
- 4 sites - \$900/treatment
- Spot Treatment - \$200/treatment



Vascular Laser Instructions V-Beam and GentleMax Pro

V-Beam and the GentleMax Pro are used for the treatment of broken capillaries, rosacea, angiomas, port-wine stains and leg veins. Your doctor will assess which laser will better serve your skin care needs.

Before your treatment:

1. Sun Exposure: No sun exposure or use of tanning products 1 month prior to treatment.
2. Medications: Please inform us if you have taken isotretinoin (Accutane) in the past 6 months.
3. Come with a clean face to the office. If this is not possible, inform our staff that you are wearing makeup.
4. Follow up treatments are monthly and average about 3-5 treatments depending on what is being treated.

After your treatment:

1. Swelling is normal and expected. It typically lasts 3 days. You may take an antihistamine like Zyrtec to minimize any swelling that has occurred.
2. Bruising can also occur. It typically lasts for 7-10 days.

Specific Instructions for the Leg Veins and Blue Veins around Temples:

Before your treatment:

1. Sun Exposure: No sun exposure or use of tanning products 1 month prior to treatment.
2. Medications: Please inform us if you have taken:
 - a. Isotretinoin (Accutane) in the past 6 months.
 - b. High doses of Iron
3. Medical Conditions: Please inform us if you have a history of:
 - a. Diabetes or Poor Circulation
 - b. Poor Wound Healing
 - c. On a Blood Thinner such as coumadin or aspirin
4. Treatments are spaced 8 weeks apart. You will see continued resolution of the vessels over the 8 week period.

After your treatment for Leg Veins and Blue Veins around Temples:

1. Avoid strenuous exercise for the first 48 hours.
2. Avoid the sun on the treated areas.
3. Compression stockings may or may not be recommended by your doctor.
4. Your veins may appear darker or bruised and slightly swollen after the treatment. Call your doctor if you experience increased pain, blistering, swelling and redness.

Pricing:

- Nasal Vessels or Single Spot Treatment - \$200
- Angiomas on Body - \$350
- Blue Veins around Temples - \$350
- Central Face, Neck or Chest - \$400
- Leg Veins - Starting at \$300 for a 2" x 2" area

