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## Post Care Instructions: Venous Lake

***To maximize the benefits and minimize the risk of complications associated with your laser procedures please read and follow these post-care instructions.***

**Following your laser treatment you may experience some swelling, bruising and crusting which may last anywhere from several days to several weeks.**

- Avoid direct sunlight for several weeks following your laser treatment and wear sunscreen containing a minimum of 7% zinc oxide. Our office recommends Hamilton DermaScience Emollient or Mattifying Sunscreen. Reapply every 1-2 hours when outdoors.
- Avoid picking, scratching, or rubbing the treated area. Makeup can be worn to conceal any crusting, bruising or redness, but avoid aggressive rubbing when removing makeup until the area is completely healed.
- If prescribed, take any medication as directed.

### **Wound Care Instructions:**

- Keep the area clean by washing twice daily with a mild cleanser such as Hamilton DermaScience Gentle Exfoliating Cleanser, Hamilton DermaScience Sensitive Skin Cleanser, CeraVe, or Cetaphil.
- If any crusting occurs, apply a thin layer of a mild moisturizer such as CeraVe Healing Ointment, Vaseline, Aquaphor, or a lip balm moisturizer. The area does not need to be covered with a bandage.
- If your face was treated, keep your head elevated by sleeping on three or four pillows for two to three days to minimize swelling.
- Ice compresses applied during the first few days following treatment can help to reduce swelling. To prevent a cold injury to the skin, do not leave an ice compress in any one area for an extended period of time.
- Tylenol or Advil can be taken to relieve mild discomfort.

**If you have concerns about healing, or if the area becomes extra tender, continues to weep, you develop small, diffuse, white papules, or the drainage becomes thickened and/or yellowish please notify the office by calling 770.360.8881 or by text to 678-673-3840.**

For after hour emergencies regarding your procedure, please contact one of our providers on their personal lines:

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