



Waterhall Medical Centre

ICON™

Vascular Lesion - Post treatment instructions

What to expect

- A mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days. Apply wrapped cool packs to the treatment area for 1-15 minutes every hour for the next 4 hours, as needed. Never apply ice directly to the skin.
- The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red colour change. The vessels will fully or partially fade in about 10 to 14 days.

After care of the treated area

- Apply a cool compress to relieve swelling or warm sensations for 1-2 hours after treatment if needed.
- Apply a soothing/healing product morning and night for 3-4 days after treatment if required. Aloe vera straight from the fridge can be helpful.
- Until redness has resolved, it is recommended to avoid the following:
 - Avoid activities that cause excessive perspiration. Avoid the gym or excessive exercise for 24 to 48 hours after treatment. Avoid friction and anything that raises the body temperature for 24 to 48 hours.
 - Avoid aggressive scrubbing and use of exfoliants on the treated area
 - Bathe or shower as usual. Treated areas may be temperature-sensitive
 - Do not pick, remove, or pull at any darkened lesions as scarring may occur
 - Avoid active products for 3-4 days post treatments (Vitamin A, chemical exfoliants). Resume use of usual topical agents and skincare when irritation resolves.
 - If treated on the face, do not lay flat for the next 24 hours and try sleep to sleep with 2 pillows
- **Wear sun block (SPF 50) to protect the treated area from direct sun exposure.** Be sure to reapply sun block throughout the day. It is imperative to the success of future treatments and skin health to protect the skin from sun exposure while undergoing Laser/IPL treatments. No sun exposure on the treated area for at least 4 weeks before or after treatment.

Please don't hesitate to contact the surgery on (08)64249111 if you have any questions.