

VBeam/ Cynergy (PDL)

What to Expect During and After Your Procedure

During your procedure:

- Your eyes will be protected.
- Cold air may be applied directly to skin surface as it is being treated to help decrease the sensation of heat.
- You will feel the sensation of heat (similar to grease “splattering” or rubber band “snapping” against your skin).
- Each area will be targeted by the laser until entire treatment area has been completely covered.

After your procedure:

- You will feel a sensation of heat/sunburn that will subside within a few minutes. It is ok to take Tylenol or Ibuprofen.
- Redness and mild swelling may occur for a day or two.
- It is possible that you develop bruising (may be present immediately after procedure or within 1-2 days after procedure).
- If bruising occurs, may take 3-10 days to resolve. Some bruising can last 2-3 weeks.
- Apply sunscreen with Zinc Oxide &/or Titanium Dioxide daily. Protect the treated area from the sun both indoors and outdoors (use a hat, sunglasses, and sunscreen). Please be aware UVA rays can penetrate through the windows.
- You may use ice packs (20 min. on and 20 min. off) the day of the procedure. It will help to reduce the sensation of heat and will help minimize swelling.
- Swelling typically peaks at 12-48 hours. If your treatment is being performed on your face, sleeping with your head slightly elevated at night for the first 2-3 nights will help minimize swelling.
- Swelling can vary from patient to patient, size and location of the area being treated. Some patients will not experience swelling and some may experience marked swelling.
- NO RUBBING, PICKING OR WIPING TREATMENT AREA.
- It is okay to shower the day of procedure.
- Gentle cleansing with the finger tips is fine.
- Crusting/scabbing may occur (allow to come off naturally, do not try to remove).

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- If crusting/scabbing occurs, apply antibiotic ointment until resolves (typically 5-10 days).
- You can wear make-up (unless instructed not to by your physician) as long as you are not rubbing, picking or wiping off surface of skin when applying or removing make-up.

Please contact our office if you have any questions or concerns at (858) 657-1002