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### **VBeam Laser Patient Information**

- **What is the VBeam Laser?**

The VBeam Laser (Pulsed Dye Laser) delivers an intense but gentle burst of light into selectively targeted areas of the skin. The light is absorbed by specific blood vessels or melanin pigmented areas in the dermis depending on the condition being treated. Factors such as the age, color and type of lesions, as well as the location on the body, all determine whether lesions can be removed.

- **What is the procedure for being treated with the VBeam Laser?**

Your practitioner will ensure you are as comfortable as possible; most patients are reclined or lying down depending on the area being treated. Both the patient and the practitioner will be wearing protective eyewear. When treatment begins, the laser will be calibrated and parameters will be set based on the specific condition being treated, each condition and each individual is unique and these settings maximize the results you will see following treatment.

- **Am I a good candidate for the VBeam Laser?**

The only requirement is that you have a desire to improve the condition of your skin. Most patients who receive cosmetic laser treatment opt for procedures to correct skin conditions not out of medical necessity, but because they are interested in improving the appearance of their skin without invasive surgery that would cause downtime away from daily activities. From total facial rejuvenation which involves the reduction and removal of red and brown pigmented lesions with a general firming of the skin, to the removal of sun-spot damage, patients should discuss with their practitioner which treatments are right for them.

- **Are there any precautions I need to take before treatment?**

It is recommended to avoid sun exposure before and throughout treatment to maximize results. A sunscreen of SPF 30 or higher should be worn daily during this time. Post treatment care guidelines depend on the condition treated, and should be discussed with you practitioner.

- **Does the procedure hurt?**

No anesthetics are required, but they may be used. The feeling most patients report is a warming or tingling sensation during treatment. The skin being treated is additionally protected by a dynamic cooling method which delivers cold air to the skin before the laser pulse is emitted. This cooling increases comfort during treatment, as well as protects the skin to minimize side effects like redness.

- **How soon will I see results?**

Most patients notice beneficial results right away, and often times feel a firming or tightening of the treated area. The results of laser therapy vary depending on the condition that is being treated and the number of treatments required for clearance.

- **Are the results permanent?**

Permanency of results depends on many factors, like the condition being treated, or lifestyle of the patient. For example, if a patient has sun spots removed, and continues to spend time in the sun without adequate skin protection, it is likely that the sun spots will return. Talk with your practitioner about your goals and expectations for treatment.

- **Are there any side effects?**

Some patients experience redness or mild swelling in the treated area immediately following treatment, this usually goes away in a few hours. Occasionally purpura (bruising beneath the skin) may occur. Purpura is short-lived and usually disappears in three to five days.



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### **Vascular/Scar (VBeam) Laser Aftercare**

1. Immediately following the procedure you will notice a purple-colored bruise on the treated area. This will usually resolve after a period of up to 3 weeks.
2. Apply a cool compress to the treated area. This will help reduce any post-operative swelling and pain.
  - a. Ice cubes in a bag, surrounded with a cool wash cloth
  - b. A bag of frozen vegetables
3. Sleep with your head elevated on two pillows to reduce swelling around the eyes.
4. Aloe Vera gel will be applied to your skin immediately after surgery. Once home, apply an antibiotic ointment such as Bacitracin or Polysporin or an emollient such as Aquaphor or Vaseline to keep the area moist.
5. Tylenol is good for pain relief. Avoid Aspirins as they may break down any clots that are necessary to ensure a good result.
6. Gentle, non-abrasive skin cleansing is recommended. DO NOT scrape the treated areas with items such as a rough wash cloth.
7. Should any blisters occur:
  - a. You may gently pop them with a sterile pin or needle.
  - b. DO NOT remove the blister roof. The extra skin is necessary to speed the healing of the skin.
  - c. DO NOT pick at scabs or try to speed the healing process by removing the skin prematurely, this could result in scarring and pigment changes to the skin.
8. Sunscreens with at least SPF30 should be worn daily. Unprotected sun exposure should be avoided.
9. Re-treatments can be done at 6 to 8 week intervals.
10. Should there be any questions or concerns after the treatment please call your doctor.



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## Vascular/Scar (VBeam) Laser Consent

This is to verify that I have met with Dr. \_\_\_\_\_ and discussed my condition (\_\_\_\_\_). The procedure will utilize a pulsed dye laser that selectively removes blood vessels. The treatment can be performed with or without topical or injected anesthetic agents. The goal is the removal or fading of the vascular lesion.

Alternative treatment methods include camouflage make-up, treatment with other lasers, electrical cautery devices, surgical excision or simple observation without surgery. In the case of hypertrophic scars or keloids, treatment using steroid preparations injected into the scar can be helpful and used in conjunction with the laser treatment. Topical gel sheeting and other topical agents such as Mederma may also be helpful.

My doctor has informed me that the risks of the procedure include pain during the treatment that is described by most patients as feeling like the snap of a rubber band or like a warm pin. A purple-colored bruise will occur at the treatment site and may last for 2-3 weeks. Bleeding, infection, and possible scarring can occur but are rare. During the procedure, everyone in the operating room must wear protective goggles to protect their eyes from the laser beam. Other possible complications include the possibility of pigment changes in the skin. This can be seen as areas lighter (hypopigmentation) or darker (hyperpigmentation) than your normal skin color. Proper aftercare will minimize the risk of potential scarring or pigment changes. Avoiding direct unprotected sun exposure and the use of sunscreens with at least an SPF 30 or more is highly recommended.

No guarantee can be made that all of the vessels or scar tissue will resolve with this treatment. I understand that multiple treatments may be required to obtain optimal results.

\_\_\_\_\_  
Initial

Photographs will be taken for record keeping purposes or possibly, in very rare cases, for use in medical journals. If you agree to have your photo taken for these purposes please initial below.

\_\_\_\_\_  
Initial

The procedure is considered cosmetic and no insurances will be billed. I understand that I am responsible for all costs of the procedure.

\_\_\_\_\_  
Initial

I have been asked if I have additional questions regarding the procedure and/or feel that all of my concerns have been adequately addressed by my Doctor.

Patient Name \_\_\_\_\_ Signature \_\_\_\_\_

Witness \_\_\_\_\_