

# LASER TREATMENT

## LASER TREATMENT OVERVIEW

The Cutera Excel V KTP Laser is a versatile and advanced laser system designed specifically to treat a wide range of vascular conditions. With its precise 532 nm wavelength, this laser effectively targets and reduces visible blood vessels and some pigmented lesions, offering patients noticeable results with minimal downtime.

- Rosacea (redness)
- Telangiectasias (spider veins)
- Cherry angiomas (blood moles)
- Venous lakes (purple blebs on lips). Uses 1064nm wavelength.
- Port wine stains (purple or red birthmarks)
- Scars (with a pink or purplish hue). It does not improve older scars that have already turned white.
- Pigmented Lesions (brown spots) Select lesions on a cosmetic basis.



## HOW THE LASER WORKS

- **Vascular Treatment:** The laser targets unwanted blood vessels, causing them to shrink and eventually disappear as the body naturally absorbs them. Sometimes, a blood vessel may not fully disappear after the first treatment, so multiple sessions might be needed. Once a vessel is gone, it won't come back, but new ones could appear over time due to factors like blood pressure or sun exposure, which may require occasional maintenance treatments.
- **Pigmented Lesions:** The laser breaks down the pigment in brown spots, causing it to rise to the surface and gradually flake off, revealing clearer skin.

## WHAT TO EXPECT

- **Rosacea:** Most rosacea patients see significant improvement after 3-6 treatments, typically spaced about 3 months apart, although some treatments can be as frequent as every 4 weeks. The more treatments you have, the better we can fine-tune your skin and target those smaller vessels.
- **Rosacea Types:** This laser is particularly effective for the telangiectatic (red) type of rosacea. If you have acne rosacea or inflammatory bumps, you may need medication in addition to laser treatment for the best results.
- **Cherry Angiomas:** Small cherry angiomas often resolve after just one treatment, while larger ones may need 2-3 sessions.
- **Scars:** While this laser can improve the color of scars, it will not change their texture or thickness.
- **Pigmented Spots:** Brown spots typically need 2-3 treatments. After treatment, they may look reddish-brown and will crust off within 1-2 weeks. They should get lighter after each treatment.
- **Lesion Size Matters:** In general, smaller or less advanced lesions require fewer treatments than larger or more complex conditions.

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## HOW TO PREPARE FOR LASER VASCULAR TREATMENT

Plan your laser treatment for a time when your schedule is flexible. After the procedure, your skin may be red, swollen, or have a bug bite-like appearance for 3-10 days. It's best to choose a week without major events or meetings to allow your skin time to heal.

- **Get Ice Ready:** Ice will be an important part of your recovery. Make sure you have some on hand.
- **Timing:** Schedule your treatment when you have a week where you don't need to look your best.
- **Clean Skin:** Come with clean skin—no makeup (eye makeup is ok) no tinted sunscreen, lotions, or creams on the **day of** your appointment.
- **Self-Tanner:** Avoid self-tanners on treatment areas for at least **2 weeks before** your appointment.
- **Cold Sores/Herpes:** If you have a history of cold sores or herpes simplex virus, inform your provider as you may need antiviral medication before treatment.
- **Avoid the Sun:** No tanning or excessive sun exposure before. Use sunscreen daily.
- **Pause Certain Skincare Products:** Discontinue retinoids and exfoliants **5 to 7 days before** your appointment.
- **Avoid Alcohol:** No alcohol **24 hours before or after** treatment.

## DURING TREATMENT

- **Eye Protection:** For treatments on the face or neck, your eyes will be covered with stainless steel goggles. For treatments below the neck, you'll wear dark-tinted laser glasses that allow you to see while staying protected.
- **Skin Preparation:** Cold ultrasound gel will be applied to the skin, except for most brown spot treatments.
- **Sensation:** The laser feels like a snapping elastic band on your skin. Numbing is usually unnecessary as most patients tolerate the treatment well.

## AFTER TREATMENT

- **Immediate Effects:** Your skin may appear red with a texture resembling bug bites. You might also feel stinging, burning, or heat in the treated areas.
- **Start Icing Right Away:** Begin using ice immediately to alleviate symptoms and reduce expected swelling. Apply ice to each treated area (cheek, nose, chin, etc) for 5-10 minutes at a time. You'll want to do this at least once or twice an hour on the first day and as needed on the following day. Use a paper towel between the ice pack and your skin.
- **Swelling:** You may experience redness, swelling (particularly under the eyes), and possibly purple spots. This swelling can last up to 10 days, but it usually resolves in 3-5 days. To help reduce swelling, sleep with your head elevated on an extra pillow, and following icing instructions. Ibuprofen may also help.
- **Blistering:** Rarely, superficial blistering or crusting can occur. This can be treated with Vaseline or Aquaphor.
- **Sun and Product Caution:** Avoid excessive sun exposure and harsh anti-aging products (retinoids, acids, astringents) until your skin recovers.
- **Activity Restrictions:** Avoid alcohol, excessive heat, hot tubs, hot yoga, and saunas for 1-2 days after treatment.
- **Skin Care:** You may resume normal moisturizers, mineral-based sunscreens, and makeup, if your skin is intact.
- **Final Results:** It may take up to 2 weeks to see full results after each treatment.