

DioLite™ 532 Laser Treatment

DioLite™ 532 Laser treatment for:

- Cherry Angiomas (red dots) Telangiectasia Lentigines (freckles) Other _____

General Information

Telangiectasia of the face is obvious, small, reddish blood vessels covering the nose and cheeks in many cases. These generally are hereditary. They are also induced by sun damage. The DioLite™ 532 Laser is an excellent laser to use on these vessels. One treatment will clear approximately 65% of vessels treated, which would make for significant improvement in most patients.

Lentigines (freckles) are as the result of sun exposure over the years. At times they can be unsightly. One treatment with the DioLite™ 532 Laser should improve your Lentigines at least 75 to 85 %.

With the DioLite™ 532 Laser there is a sensation with each pulse that will cause **some discomfort**, however, **no anesthetic is necessary**. The treatment is essentially painless and can be performed without special preparations.

Patient Information

The preparation for this laser treatment is washing the area to be treated and having it free of make-up or moisturizers when you present yourself for treatment. Your initial treatment session will be 5 or 15 minutes of laser time. One session typically will give you significant improvement. If you have extensive activity, you may need two full session, or rarely, more. There is a short touch-up session available if some areas are resistant. Please be advised that vascular lesions can be proliferative, that is, they can continue to develop and re-grow as older lesions are destroyed. Therefore, one treatment is not a permanent cure, but is quite significant in dramatically improving the look of your skin. If we are treating your telangiectasia **avoid aspirin or non-steroidal anti-inflammatory drugs one week prior to treatment, if possible**.

Post-Operative Instructions

- ✓ Apply Polysporin Ointment or just plain Vaseline 2-3 times daily for 24 hours or a bit longer if crusting occurs.
- ✓ Avoid hot showers in the first 3-5 days.
- ✓ If swelling occurs, an icepack can be applied for 10 minutes every 3-6 hours, if necessary.
- ✓ Be certain to apply SPF 30 sunscreen to the treated areas for a minimum of 2 months after treatment.
- ✓ Do not use any coarse sponge like loofah or washing granules on your face.
- ✓ Gently pat the area dry after washing. Apply your ointment.
- ✓ If treatment is on the face, sleeping on an extra pillow the evening of treatment will help minimize swelling.
- ✓ Taking Tylenol, one or two every six hours will also help minimize any swelling. This may be required for possibly one to two days.

Risks of Treatment

- Small blisters of crusting may develop.
- Redness of varying degree may develop.
- Some swelling may develop.

- Discoloration may develop, especially in Asian or darker skinned people, and those who do not use adequate sun protection. We recommend SPF 30 broad-spectrum sunscreen to protect your skin after treatment for a minimum of two months.
- Bacterial infection, viral infection, and scarring are potential complications of resurfacing laser therapy. These potential complications are **extremely rare** with the DioLite™ 532 Laser.
- If you have a history of **herpes simplex** infections (**cold sores**) of the face, we may consider having you take anti-viral therapy starting the day of treatment. Please inform your physician or staff if you have a history of cold sores.

If you have any questions, please call us at 630-739-DERM (3376).

I have read and understand the above statements regarding the DioLite™ 532 Laser. I understand that the laser may not clear all treated Telangiectasia, Lentigines, and other skin lesions. I understand I may require additional DioLite™ 532 Laser treatments.

Signed

Date

Witness

DioLite™ 532 Laser Post-Op Counseling

1. Patients should **continue** all rosacea medications including Metro-Gel, Metro-Cream, Noriate Cream, Novacet Lotion, Sulfacet Lotion, and Cleocin Lotion, Rosac.
2. Patients should **discontinue** medications for one week such as Retin-A, Renova, Differin, Tazorac, Neostrata products, or any other glycolic acid products. After one week, they may resume them the way they are currently used.
3. Patients need to use sunscreen each morning before leaving the house for one week after the treatment. They should use the sunscreen on top of their regular morning rosacea medication. The sunscreen must be oil free like Neutrogena Oil Free Sunscreen SPF 30. ROC sunscreen for patients with sensitivity to sunscreens. Patients can use Pre Dun Cream – **NO GEL**.
4. If swelling occurs, an ice pack may be applied to the area for five minutes every two hours. Make sure the ice pack is wrapped in a wet towel. Tylenol is ok for pain after the procedure. No spicy foods or alcohol for 24 hours.
5. Make-up may be applied over the morning medications and sunscreens as desired. No strenuous exercise (jogging, running, etc.) for 3 days.
6. Patients should call if they have any questions or if they experience swelling, pain, or blistering on the area. The normal post-op sensation should be that of mild sunburn, with slight swelling, redness, and small crusts.
7. Standard follow-up would be 2 to 4 weeks after the DioLite™ 532 Laser Therapy or sooner if indicated on the chart.
8. Patients should plan on not returning to work the day of laser treatment.
9. The final results will not be noticed until 2 weeks after the treatment. Patients should not be concerned about redness or veins in the days following treatment.