



## Topical Excel V+ Laser

This information is in addition to the detailed patient information personally provided by Mr Ponosh to you during your consultation.

This topical laser is used to remove or lighten the appearance of vascular and/or pigmented lesions such as spider veins. The procedure involves using a laser or pulsed light device to coagulate the vessels or vascular lesions and/or treat pigmented lesions, age spots, and sunspots by melanin absorption. It is used for spider veins beyond the threshold of injection sclerotherapy.

The procedure is a simple cosmetic one that is conducted in the rooms. It is undertaken as a “walk in, walk out” procedure in which you are able to drive yourself to and from. Stockings are generally not required, and you can return to normal activities without limitation.

- **You will require multiple treatments, no more than 6 - 8 weeks apart to obtain optimal results.**
- Anticipated 70 - 90% reduction in veins with 2 - 3 sessions of laser. **Additional sessions may be required.**
- A fee applies for **every** laser treatment session. Fees are based on surface area treated per session.
- Although this therapy is very effective in most cases, no guarantees can be made.
- In some cases, you may not experience complete clearance, and it may take multiple treatments.
- Some conditions may not respond at all and, in rare cases, may become worse.
- **A realistic and age-appropriate cosmetic expectation is required and expected.**

### Possible complications and side effects.

**Discomfort and Pain:** Some discomfort may be experienced during treatment. Pain may include the feeling of burning, stinging, and radiating pain.

**Redness and Swelling:** Short term redness (erythema) is common and swelling (oedema) of the treated area may occur. An urticarial (hive-like) reaction may occur with smaller vessels.

**Bruising:** Purpura (bruising) is a transient phenomenon that usually resolves after 3 – 6 months but can be longer.

**Staining:** Caused iron leaking into the soft tissue from blood breakdown may occur and usually resolves over time, but in rare cases can be permanent.

**Skin Colour Changes:** During the healing process, there is a slight possibility that the treated area may become either lighter (hypopigmentation) or darker (hyperpigmentation) in colour compared to the surrounding skin. This is usually temporary (3 – 6 Months), but, on a rare occasion, it may be permanent.

**Epidermal Crusting:** Pigmented lesions may crust as part of the healing process. Epidermal crusting may develop over vascular lesions. It is important not to disturb the crusts. Crusts will typically resolve 7 - 14 days after treatment.

**Wounds:** Treatment can result in burning, blistering, or bleeding of the treated areas. If any of these occur, please call our office.

**Burns and Infection:** Infections are extremely rare.

**Scarring:** Scarring is an extremely rare occurrence. To minimize the chances of scarring, it is IMPORTANT that you follow all post-treatment instructions provided by Ponosh Vascular.

**Textural Changes/Cutaneous Indentations:** Occur as a result of heat diffusion and thermal injury to tissue surrounding vessels.

**Hair Reduction:** Hair reduction may occur at treatment sites. This is usually temporary but may be permanent.

**Sun Exposure/Tanning Beds/Artificial Tanning:** May increase risk of side effects and adverse events.

**Eye Exposure:** Protective eyewear (shields) will be provided to you during the treatment. Failure to wear eye shields during the entire treatment may cause severe and permanent eye damage.

## **Prior to your treatment.**

No spray tans, tanning lotions, tanning beds, or excessive sun exposure for FOUR weeks prior to treatment.

For facial treatments do not wear makeup on the day.

Some medications or supplements may increase the risk of bruising or pigmentation.

Please advise the clinic if you are on anticoagulants such as warfarin or similar medications.

Please advise the clinic if you have taken retinoids such as isotretinoin or roaccutane in the last 6 months.

Avoid treatments that may irritate the skin for 1 – 2 weeks prior such as waxing and depilatories.

Please advise the clinic if you have had a recent cold sore.

Please advise the clinic with any changes to your health history or medications since your last appointment.

## **Following your treatment.**

Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.

Bruising, redness, and swelling are common and resolve with time.

A “bug bite” look is common and usually resolves in 2 – 3 days.

Avoid heat – hot showers, hot tubs and saunas for 2 – 3 days.

Avoid skin irritants for 4 – 6 days post-treatment.

Avoid products containing - tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents

Please advise the clinic of any concerns such as blistering, excessive redness or swelling.

Leg vein treatments only:

Compression stockings (20 – 30 mm/hg) at treating clinicians’ direction. They are rarely used.

Avoid high impact activity for 3 days.

Hemosiderin staining (brown staining) may occur after treatment but will resolve with time.

Strict avoidance of excessive sun exposure will decrease the risk of hemosiderin staining.

Cold compresses and chilled gel packs can be used post treatment for comfort if needed.

**Contact Mr Ponosh’s rooms or see your GP if you have any concerns regarding:**

- Wounds, burns or signs of infection

**For further information please follow the link or scan the QR code below:**

**Spider vein information:**

<https://ponoshvascular.com.au/spider-veins-treatment/>



**Laser therapy information:**

<https://ponoshvascular.com.au/lasertherapy/>

