

Rosacea telangiectasias and vascular Lesions instructions

Rosacea is a chronic condition. Genetics, diet, lifestyle, hot and cold fluctuations can all cause the symptoms of rosacea to be exacerbated or aggravated. This guide will help you prevent these occurrences.

With our Fotona SP dynamis pro laser, we can usually remove 50 to 90% of the redness and veins in 2 to 3 sessions. Please note that since it is a chronic disease, it will very slowly reappear over the years. We recommend maintenance treatments when you feel some of the redness or veins have come back. This may be a 5 min touch up after 6 months or a full session after 18 months. It all depends on how much we removed initially and how you want your skin to look clear. For some severe cases, we will prescribe you a special cream.

Other vascular lesions

For most lesions, such as cherry angiomas, spider angiomas you would only need 1 session.

Hemangiomas removal number of sessions will be dedicated by size and thickness

We can treat dark or black skin with this laser

When necessary, treatments will be every 3-4 weeks

Before your treatment

- No tanning two weeks before and after each treatment. Light summer tanning is okay for this laser only!
- If you have used Accutane or oral retinoids within the last 6 months you need to let us know since your skin will be more sensitive.
- Come to the office with totally clean skin (only for the areas to be treated).
- If numbing cream is needed, we will advise you to come earlier.

For your initial session, you will need to arrive earlier, without makeup for completion of the pictures and the final consent. Every other time you will need to be here 5 mins before your appointment and we will install you in a room with numbing cream if necessary for 30 to 45 mins. Refrain from touching it with your hands and touching your eyes or mouth, it will numb your tongue. If contact with the eyes arise, please rinse your eyes with water and inform our staff. You will feel red as the blood flows because of the topical lidocaine and tetracaine. Rarely, the cream itself will peel a little area of your skin.

If you have any questions or concerns, please do not hesitate to contact our office.

613-749-4668 or email us with pictures at info@inovomedical.ca

After your treatment

- Redness and the feeling of a sunburn is expected. Dry scaly skin can be present for up to two weeks.
- Some redness and veins will instantly disappear and some will get darker for a few days.
- The first day, apply an ice pack or a cold, wet compress to treated areas if redness or irritation is bothersome.
- For the first day following treatment apply **Derma Collagen RD or neo cutis** hyalis or neocutis bio gel multiple times throughout the day. After day 1, apply every morning and night, to speed up healing time.
- Apply sunscreen at least twice a day, even if you are inside.

What should I do to achieve longer lasting results?

A home care regime is essential. People with rosacea should be on a calming and hydrating skin care regime. The calming collection from Alumier is a luxurious set featuring four carefully created, essential home care products to support sensitive and redness prone skin. In this set, you will find:

Alumier calming collection

- SensiCalm Cleanser
- Calm-R serum
- HydraCalm Moisturiser
- Clear Shield broad spectrum sunscreen SPF42
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What makes these products so special is what's inside. It contains Piperonyl Glucose to reduce angiogenesis, the formation of vessels. Gran Active AR 1423 to target inflammatory mediators. Hinokitiol, this targets bacteria from demodex mites. Niacinamide B3 to increase free fatty acids. And finally Copper Peptides to strengthen the skin.

AlumierMD products are free of parabens, sulphates, petroleum, dyes and artificial fragrances. They also don't test on animals!