



## VascuTouch for Cherry Angioma Pre and Post Procedure Instructions

### Pre-Procedure Instructions for Cherry Angioma:

- Discontinue medications and supplements that may thin your blood 5 days prior *if ok with your physician* to minimize risk of bruising and to improve the success of your treatment. These may include fish oil, flax seed oil, Vitamin E, ginkgo biloba, anti-inflammatory medications (ex. ibuprofen, Motrin, Aleve), and red wine. Do NOT stop medications prescribed by your physician without your physician's approval to do so.
- Arrive with clean skin: no lotions, creams, oils, fragrances, make-up, etc.
- If VascuTouch is being done on your legs, bring a pair of shorts to wear during your treatment.
- Avoid sun exposure including tanning beds for a minimum of 2 weeks prior and after the procedure.
- For large areas with several Cherry Angiomas, individualized treatment plans can be arranged with your provider.

### Post-Procedure Instructions for Cherry Angioma:

- Avoid sun exposure including tanning beds for 2 weeks after the procedure. Wear SPF 30+ for at least 1 month after treatment on all treated areas.
- Expect some redness and swelling, which may convert to a scab for several weeks post procedure. Do not rub, scratch or attempt to remove any scabbing as this can create a scar. Any scabbing will fall away when ready.
- Itching may occur as the scabs or areas are healing. Use a fragrance-free moisturizing lotion to keep moist. NEOVA Recovery Lotion is recommended as it accelerates healing time and may be purchased in-office.
- Avoid any activity that can introduce bacteria into the treated area, including sexual activity.
- Do not exercise for 3 days after treatment.
- Avoid hot showers, baths, hot tubs, or saunas for 5 days.
- You may gently wash the area twice a day with tepid water and mild soap and pat dry
- Do not use alcohol, aspirin, Advil, or blood thinners for 5 days if ok by your physician.

At the end of the process, some Cherry Angiomas may be lighter or completely gone. Others may need additional treatments.

**Should you have any questions, please do not hesitate to contact (561) 255-0272**