



## What to Expect After Pulse Dye Laser (PDL) Treatment

Pulse Dye Laser (PDL) treatment is commonly used to treat vascular conditions such as redness, broken blood vessels, rosacea, port wine stains, scars, and certain birthmarks. Below is helpful information on what you may experience after your treatment and how to care for your skin to ensure the best possible results.

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### Normal Appearance After Treatment

It is normal for the treated area to look and feel different immediately after your PDL session. Common and expected changes may include:

- **Redness and swelling:** Often appears right away and may last from a few hours up to several days.
- **Bruising (purpura):** Purple or dark discoloration may occur, depending on treatment settings. Bruising can last **7–14 days** before fading.
- **Warm or sunburn-like sensation:** Typically resolves within a few hours.
- **Darkening of treated spots:** Some areas may initially look darker before gradually lightening.

These reactions are expected and indicate that the laser is working.

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### Aftercare Instructions

To promote healing and reduce the risk of side effects, please follow these aftercare guidelines:

#### Skin Care

- Apply **cool compresses** as needed for comfort during the first 24 hours.
- Use a **gentle cleanser** and lukewarm water when washing the area.
- Apply a **bland moisturizer** (such as CeraVe, Cetaphil, or Aquaphor) to keep skin hydrated.
- Avoid picking, scratching, or rubbing the treated area.

## Sun Protection

- **Avoid direct sun exposure** to the treated area for at least 2 weeks.
- Apply a **broad-spectrum sunscreen (SPF 30 or higher)** daily once the skin is no longer irritated.
- Wear protective clothing or a wide-brimmed hat when outdoors.

## Activities to Avoid (for 24–48 hours)

- Hot showers, saunas, steam rooms, and hot tubs
- Strenuous exercise that causes excessive sweating
- Alcohol consumption, which may worsen redness or swelling

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## Makeup and Products

- Makeup may be applied **24 hours after treatment**, or sooner if the skin is not irritated.
- Avoid **retinoids, exfoliants, acids, or harsh skincare products** for 5–7 days or until the skin has fully healed.

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## Results and Follow-Up

- Improvement is gradual and may take several weeks to become noticeable.
- Multiple treatments are often needed for optimal results.
- Your provider will discuss a personalized treatment plan and recommended follow-up schedule.

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## When to Call Our Office

Please contact our office if you experience:

- Severe pain or blistering
- Signs of infection (increasing redness, warmth, pus, or fever)
- Swelling that worsens after 72 hours
- Any concerns that feel unusual or unexpected

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If you have questions or concerns after your Pulse Dye Laser treatment, please do not hesitate to reach out to our office. We are happy to assist you throughout your recovery.

802-864-0192