



Vascutouch Pre and Post Care Instructions

For best results, please follow these instructions to ensure best possible results and healing time

24-36 hours before treatment

- Do not take Advil, Motrin or any type of medication containing Ibuprofen, this will thin the blood and prevent the treatment from working. If you are taking blood thinners such as Coumadin, please consult your physician before discontinuing. Tylenol is alright to take before.
- Do not drink alcoholic beverages, they also thin the blood.
- Discontinue topical medications containing Retin-A, Glycolic acid and any exfoliants.

Initials _____

For the first 24-36 hours after treatment

- No exercise or anything physically exerting (including sexual intercourse)
- No blood thinning medications (as above)
- No topical medications (as above)
- No sauna or steam room, Jacuzzi tubs, hot baths, or showers
- Avoid sun exposure
- No rubbing, exfoliation or rubbing the area
- Avoid fragrances and deodorant in treated areas

Initials _____

In any case, if redness starts to spread and areas treated become painful, or if there is throbbing at the site, please call Skinlogic immediately. The risk of infection is very low and can be minimized by avoiding too much contact and keeping the area clean. 206 523-4444

Patient Signature

Date