



## **V Beam patient Information**

### **What is the VBeam and what is it used for?**

The VBeam is a pulsed dye laser which is used to target redness in the skin and vascular issues such as thread veins, rosacea and pigmentation. It can also be used for premature stretch marks and burn scars. By using an intense beam of light delivered in long pulses, the light is absorbed safely and effectively by the pigment in the damaged cells, which is then heated up and destroyed.

### **How often should I have treatment, and how many will I need?**

V Beam treatments are patient specific depending on the concern and the desired outcome. On average it has been found that 3-5 sessions are needed to see a significant improvement. These sessions should be spaced 4-6 weeks apart. Depending on the specific concern, the number of sessions may be increased or decreased depending on the desired result.

### **What results can I expect?**

It is important to understand that while results are long-lasting, it cannot be guaranteed that results are permanent. Factors such as ageing, damage to the skin or the development of a medical condition affecting the skin may impact the results achieved.

### **What will I look like?**

Initially the skin will remain red for up to an hour after treatment and may be hot to the touch. While there is no downtime the skin can remain slightly red with minor swelling to the area 24-72 hours post treatment. Normal daily activities may be resumed immediately post treatment. Recommended aftercare advice will be given after each treatment to help to achieve the best results possible and to minimise complications.

### **Pre Treatment information**

Sun exposure should be avoided 2 weeks prior to treatment as well as the use of retinol which should be discontinued 5 days prior to treatment

### **How much will it cost?**

As each patient and their concern is individual and unique pricing of each treatment can only be established after a consultation to assess the area, size and severity of the concern

### **Need more information?**

Please call **0207 034 5999** or email [info@phiclinic.com](mailto:info@phiclinic.com) if you would like further details about your treatment, or to schedule for an appointment.



## **VBeam Aftercare Information**

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications

- It is advisable that patients avoid exposure to the sun during laser treatment for the following reasons:  
Laser exposure increases photosensitivity  
Tanned skin can increase the chance of burning during treatment
- If you should go out in the sun, a minimum of SPF 30 is recommended and should be applied regularly.
- The use of perfumed skincare and products in the treated area should be avoided for 48 hours.
- If you encounter minor inflammation or irritation in the treated area, Aloe Vera or Vaseline is recommended.
- Should you need to apply makeup after treatment, mineral makeup is recommended although it is advised to leave the treated area free from make up for 24 hours post treatment .
- It is advised to avoid strenuous exercise, hot baths, saunas and steam rooms for 24hours post treatment to minimise increased blood flow to the treatment area.

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, Alternatively, you can email us at **[info@phiclinic.com](mailto:info@phiclinic.com)**