

# Family Education Sheet

## Home Care Instructions after Pulsed Dye Laser Therapy



Boston Children's Hospital

Where the world comes for answers

View more health education materials at  
[www.bostonchildrens.org/familyeducation](http://www.bostonchildrens.org/familyeducation)

This family education sheet gives you instructions on caring for your child after pulsed dye laser therapy.

### What can I expect when my child comes home?

#### Pain

- Your child can take acetaminophen (Tylenol<sup>®</sup>) to help their pain and discomfort.
  - Acetaminophen comes as a tablet, caplet and liquid. It's used to treat mild to moderate pain and to lower a fever.
  - Give acetaminophen exactly as directed by your child's doctor. Follow the directions on the package and ask the doctor or pharmacist to explain any part you don't understand.
  - Always talk to your child's doctor about any allergies they may have.
- Don't use products with ibuprofen in it (like Advil<sup>®</sup> or Motrin<sup>®</sup>) until the area is healed.

#### Swelling

- Swelling often happens around the eyes after this procedure. Apply an ice pack wrapped in a soft cloth to help the swelling go down.
- Swelling may last for 48 hours.

#### Skin changes

- Right after the procedure, the treated area may turn purple. This should fade in 7 – 14 days.

### How should I care for my child's wound?

- **Use mild soap**, such as Cetaphil<sup>®</sup> or Dove<sup>®</sup>. Gently pat the area dry after cleaning.
- **Don't scrub or rub** the treated area for a few days.
- **Apply a thick layer of petroleum jelly or Aquaphor<sup>®</sup> on the treated area at least 3 times a day until the purple color fades.** Your doctor may also recommend using erythromycin around the eyes. Apply the ointment more often if there is scabbing or crusting.
- **Don't peel or scratch lasered areas** to help prevent scarring.
- **Don't apply makeup** until the purple has faded.
- **Avoid astringents** (products that remove oil from the skin and have high amounts of alcohol), **rubbing alcohol or hydrogen peroxide.**
- **Use sunscreen with SPF 30 or higher** for several months before and after treatment.

### What activities should my child avoid?

- Your child shouldn't do contact sports or swimming for 1 week after the procedure.
- Your child doesn't have to stay in bed. They may walk and play, but they should be careful and not irritate or injure the area that was treated.
- Watch your child closely during the first 24 hours at home to make sure they don't injure the treated area.

### What foods should my child avoid?

Your child may slowly return to their regular diet after the procedure.

### Call the nurse or doctor if:

- Your child has more than mild discomfort and bad pain
- Your child a lot of scabbing or crusting
- You have any questions or concerns

### Call your child's doctor/primary care physician if your child:

Has a fever of 101°F/38.3°C or higher

### Contact us

- **Monday-Friday, 8:30 am - 5 pm:** Call the Dermatology Nurses Line at (617) 355-6117
- **After 5 pm, weekends and holidays:** Call Boston Children's page operator at (617) 355-6369. Ask to speak with the dermatology resident on call.
- **For follow-up laser appointments:** Please send us a message through MyChart, or call our office at (617) 355-6117