

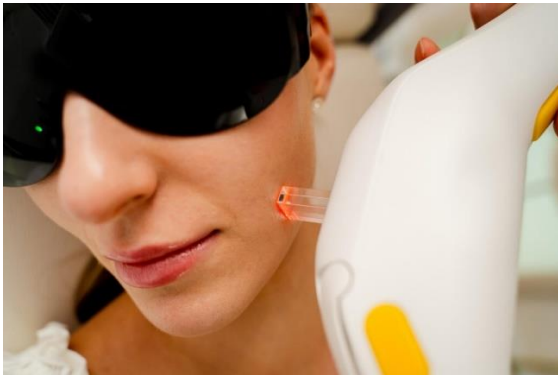
Pulsed Dye Laser (PDL)

(Targeted laser treatment for redness, blood vessels, and vascular skin conditions)

What Is Pulsed Dye Laser (PDL)?

Pulsed Dye Laser (PDL) is a **medical-grade laser** specifically designed to treat **redness and visible blood vessels** in the skin. It delivers a precise wavelength of light that is absorbed by **hemoglobin** (the red pigment in blood), allowing abnormal or dilated blood vessels to safely collapse and fade over time.

PDL is considered one of the **gold-standard treatments** for vascular skin concerns and is widely used in dermatology.



What Conditions Can PDL Treat?

PDL is commonly used to treat:

- **Rosacea-related redness and flushing**
- **Broken capillaries** (telangiectasias), especially on the nose and cheeks
- **Cherry angiomas**
- **Port-wine stains**
- **Venous lakes** (blue-purple spots on lips or ears)
- **Red or pink scars** (including surgical scars)
- **Persistent redness after acne or procedures**
- Selected inflammatory skin conditions (when appropriate)

Your dermatologist will determine if PDL is the best laser for your specific condition.

How PDL Works (Patient-Friendly Explanation)

- The laser emits a short pulse of yellow light
- Blood vessels absorb the light energy
- The targeted vessels heat up and collapse
- The body naturally clears the treated vessels over time
- Surrounding skin remains largely unharmed

Because of its precision, PDL is especially effective for **red lesions** rather than brown pigment.

What to Expect During PDL Treatment

PDL treatments are performed **in the office** and typically take **15–30 minutes**, depending on the area.

During the visit:

1. The skin is cleansed
2. Protective eye shields are placed
3. Laser pulses are delivered to the treatment area
4. Cooling is used to protect the skin and improve comfort
5. Soothing products are applied afterward

Most patients describe the sensation as a **quick snap or warm pinprick**, similar to a rubber band.

When Will I See Results?

- Some redness or vessels improve **right away**
- Others fade gradually over **2–6 weeks**
- Bruising (purpura) may occur with certain settings and typically fades within **7–14 days**

Many patients need a **series of treatments** (often 1–3 or more) for optimal results.

Pre-Op Instructions (Before PDL)

2–4 weeks before treatment

- **Avoid sun exposure and tanning** (including self-tanner)
- Use **broad-spectrum sunscreen** daily
- Avoid tanning beds

1–2 weeks before

- Avoid **retinoids, exfoliating acids, and harsh scrubs** in the treatment area (unless instructed otherwise)
- Tell us if you:
 - Bruise easily or take blood thinners
 - Have a history of **post-inflammatory hyperpigmentation (PIH)**
 - Are pregnant or breastfeeding
 - Have active skin infections, rashes, or cold sores

Day of treatment

- Arrive with **clean skin** (no makeup, lotions, or sunscreen on the area)
 - Avoid waxing or threading the area beforehand
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Post-Op Instructions (After PDL)

What's normal

- Redness and swelling for several hours to a few days
- Bruising or purple discoloration (especially with deeper vessels)
- Mild tenderness or warmth

Aftercare

- Apply cool compresses as needed
- Use gentle cleanser and moisturizer
- Avoid rubbing or scrubbing treated areas
- Avoid hot showers, saunas, and strenuous exercise for **24–48 hours**
- **Strict sun protection** is essential

Makeup

- Makeup may usually be applied the next day unless instructed otherwise

Call the office if

- You develop blistering, crusting, or increasing pain
 - You notice signs of infection (spreading redness, pus, fever)
 - Skin darkens instead of gradually improving
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Who Is a Good Candidate for PDL?

PDL is a good option if you:

- Have redness or visible blood vessels
- Want precise treatment for vascular concerns
- Can avoid sun exposure before and after treatment

PDL may not be ideal if:

- You are heavily tanned
- You have certain photosensitive conditions
- Your primary concern is brown pigment rather than redness

Your dermatologist will help determine the safest and most effective plan.

Pulsed Dye Laser FAQ

Is PDL the same as IPL?

No. PDL is a **true laser** that precisely targets blood vessels. IPL uses broad-spectrum light and treats both pigment and redness.

Does PDL hurt?

Most patients tolerate PDL well. The sensation is brief, and cooling helps improve comfort.

How many treatments will I need?

Many patients need **1–3 sessions**, though some conditions (like rosacea or port-wine stains) may require more.

Will I bruise after PDL?

Bruising can occur depending on settings and the condition treated. It is temporary and usually resolves within **1–2 weeks**.

How long do results last?

Treated vessels usually do not return, but **new vessels can form** over time. Maintenance treatments may be recommended.

Is PDL safe for all skin tones?

PDL can be used safely in many skin tones, but settings must be chosen carefully. Your dermatologist will evaluate your skin type.

Is PDL covered by insurance?

Coverage depends on the diagnosis. Some medical conditions (like port-wine stains or certain vascular lesions) may be covered, while cosmetic treatments are often not.
