

LASER RESURFACING WITH 2040 Er: YAG PRE/POST-CARE INSTRUCTIONS

PRE-CARE

- Avoid exposure to the sun and tanning beds for two (2) weeks prior to the treatment.
- Do not pluck, wax, use a depilatory, undergo electrolysis in the areas you wish to have treated for four (4) weeks prior to laser resurfacing. Do not rub, scratch, or pick at the treated area. Treat the area gently.
- Discontinue the usage of Retin-A (tretinoin) for a minimum of (72) hours prior to your scheduled treatment.
- If you experience occasional or have an active HSV (herpes) outbreak: Laser resurfacing can irritate sensory nerves in the area, enough to create an outbreak. It is recommended that patients begin pre-treatment with antiviral medication, such as acyclovir, a minimum of 3-5 days prior to treatment. Patients are also encouraged to wait until all symptoms of HSV have ceased before getting laser resurfacing. Should you require a prescription for acyclovir, please contact the MediSpa to submit your request.
- If you are currently taking ACCUTANE medications, you are not a candidate for safe treatment. The last dose of Accutane must have been taken at least (1) year prior to treatment.
- You are not a candidate for safe treatment if you are: pregnant or breast feeding, have a history of keloid or hypertoric scarring, have a history of poor wound healing, are insulin dependent or diabetic, and or have a pacemaker or defibrillator.
- If you are taking any anticoagulant medications, please consult your prescriber as you will need to cease intake for 14 days prior to treatment.

EXPECTATIONS FOLLOWING TREATMENT

Mild to moderate erythema (redness) will be present in the treatment area and can last from a few hours up to a few days. Treatment areas almost always become erythematous. Immediately following the procedure, patients will experience a mild sunburn sensation that may include some mild discomfort. Most patients do not feel any significant discomfort; however, an ice pack (not direct ice) may be applied to help soothe areas with discomfort. A cooling lotion or soothing gel may be used after Laser Resurfacing treatments. It is important to protect your skin from environmental elements; therefore, a lotion with a SPF protection of at least 30 should be used daily. After a few days post procedure, patients will experience mild peeling of the skin. The peeling is like the effects of sunburn. Continue to follow the skin care regimen offered by your practitioner. Do not pick at the peeling skin, as it may lead to scarring and/or infection, delaying the healing process.

POST CARE

- Some redness and swelling in the area are normal after treatment and may feel like a sunburn. This should resolve within several hours to up to (14) days after treatment. Redness or blisters can be treated with antibiotic ointment or burn treatment creams such as Biaffine or a low concentration steroid cream. Avoid sunlight for one month following treatment. Tanning should also be avoided for at least one month after treatment as this may enhance melanin regeneration, which may result in hyper pigmentation.
- Gently cleanse the area twice daily. Avoid irritants (glycolic, retinoid etc.) for 14 days after treatment. Apply a thin layer of topical Aquaphor® as needed to keep the treated area moisturized until all peeling subsides.
- Avoid the use of exfoliants, loofah sponges and aggressive scrubbing to the treated areas.
- Do NOT shave the treated area for 72 hours. Do NOT have any waxing on the treated area for 2 weeks.
- Shower as usual but be aware that the treated area may be a little temperature sensitive.
- Avoid chlorine, hot tubs, and swimming pools during healing.
- Apply a sunscreen of SPF 30 or greater for 6 weeks over the treated area. Avoid direct contact in the sun during your treatment program.
- If a water blister occurs, call the office and an oxygen treatment can be administered to reduce inflammation and speed up the healing process. Do not rub, pull, or peel skin from a blister. This could cause you to be left with a scar. Keep treatment area(s) moist to help with healing.
- If you experience an itchy sensation, this means you are having a mild histamine reaction which some patients experience. Apply a topical Benadryl cream 8 hours after the treatment and until the itchy sensation ceases.

GENERAL SKINCARE

Proper skin care is important to protect the new refreshed skin.

- Use the post procedure products provided in your take home kit. Clean the treated area daily with the cleanser. Apply a thin layer of the aftercare cream/ointment or Aquaphor to the area several times a day until evidence of dryness, blistering or swelling has dissipated for 1-4 days following treatment. Apply sunscreen for 30 days following treatment.
- Makeup may be applied over the treated area 24 hours after the treatment.

PRECAUTIONS

Pat skin dry after bathing or showering. An antibiotic ointment such as Bacitracin may be applied. Neosporin and Polysporin are not recommended.

It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).