



PROFRACTIONAL LASER RESURFACING

PRE & POST LASER INSTRUCTIONS

PRE-TREATMENT

- Four weeks prior to treatment stop prolonged sun exposure, artificial tanning, or the use of self-tanners.
- Wait at least 2 weeks after receiving injectable treatments in the treatment area.
- One week prior to the treatment stop or avoid the use of retinol, hydroquinone, acne topicals, and or exfoliating products and services. This does include hair removal services such as waxing.
- If you have a history of cold sores, we can prescribe a prophylactic treatment (i.e. Valtrex) prior to procedure may prevent an outbreak. Please discuss with your Esthetician and/or Dermatologist regarding this medication, prior to your scheduled treatment.
- Antibiotics are often prescribed to take before treatment and continue taking during the healing process (usually 5-7 days) to prevent skin infections. Please let your provider know if you have sensitivities or are allergic to any antibiotics.
- Please arrive to your appointment with the treatment area clean and free of makeup if possible.

POST-TREATMENT

****As soon as you have finished with your treatment, we recommend starting ICE WATER BATHS as soon as you are able. This will help you to be comfortable while the heat is releasing from your skin. It feels "spicy" or hot like a bad sunburn. This moderate to intense heat sensation which will gradually increase, peak, then slowly subside with time. Keep performing the Ice water baths until all the heat has subsided.**

Directions for Ice Baths

1. Fill a large bowl with ice and cold water
2. Take a soft, clean washcloth and submerge into the ice water, wring out, then apply to treatment area, repeat this until heat no longer remains.

Avene Thermal Spring Water (provided in Post Treatment Kit) can be used at any time to soothe and hydrate the skin. This is a sterile product and is the **ONLY product we recommend using in the first few hours after treatment.*

Night of Treatment (Once all the heat has subsided)

1. Cleanse with cool water and gentle cleanser, rinse, and pat dry. BE GENTLE with your skin and avoid excessive rubbing.
2. Mist skin with Avene Thermal Spring Water
3. Apply provided ointment from post care kit- (Aquaphor, Bacitracin or mix equal parts of both) as directed by your provider. Apply thin layer covering the entire treated area for protection.
4. Sleep elevated to reduce swelling.

Morning following treatment (Day 2)

1. Cleanse with cool water and gentle cleanser, rinse, and pat dry. BE GENTLE with your skin and avoid excessive rubbing.
2. Perform White Vinegar Soak – 10 mins.

Directions for Vinegar Soaks

Add 1 TBSP. of white vinegar to a quart of cool water. Put a soft washcloth into the mixture, wring out excess, then gently press the solution into the skin, Pat and Press, avoid any rubbing. Soak the area for at least 5-10 minutes and repeat this 1-2x daily as directed. Rinse well with cool water, then reapply ointment.

3. Apply Ointment – reapply as needed throughout the day to keep skin moist.

REPEAT THESE STEPS TWICE DAILY (AM & PM) FOR DAYS 2-4.

DAY 5-10

Replace ointment with moisturizer given in post care kit, you may apply as needed for dryness. At this time sunscreen must be worn daily while your skin continues to heal. Continue the products given in the post care kit for at least the first 10 days. Please avoid any use of exfoliating products, including retinoids, topical acne medications, and other skin care products unless instructed by your provider.

FYI- What to expect and avoid during the healing process.

- Avoid hot showers, saunas, and vigorous exercise for the first 48-72 hours post treatment. These things may increase swelling and can extend your healing time.
- Redness and sensitivity are both normal and to be expected post treatment. Redness can persist for up to 7 days depending on the level of treatment. Redness is usually worse days 1-4, then begins to subside.
- Visible pinpoint bleeding may be visible post treatment- usually resolves in the first 1-3 days.
- Swelling is common and may develop soon after the treatment is performed. To avoid any additional swelling, it is recommended to sleep in a more upright position the first few nights. Taking an over-the-counter antihistamine such as Benadryl will also help to reduce swelling. Swelling typically lasts anywhere from 1-5 days.

We recommend scheduling a Follow Up visit 4-6 weeks post treatment.

If you have any questions or concerns, please call our office at 586-286-0997