

## **LASER PRE- & POST- TREATMENT INSTRUCTIONS**

### **PRE-TREATMENT**

- It is recommended that all patients having resurfacing treatments done around the mouth have an oral antiviral agent to prevent any cold sore virus getting into the treated areas. Valtrex 500 mg twice a day to start 1 day before treatment and continue on for 5 days post treatment (7 days total).
- If the scar is on your face, please discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids) and Benzoyl Peroxide, etc.
- Please show up to your treatment appointment with no makeup on the area (if the scar is on your face).
- Avoid sun exposure (including tanning beds) for at least 14 days prior to treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Do not wax or use depilatory creams on the treatment area for 14 days prior to treatment.
- Avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinners 5-7 days before your treatment. If you are on a prescribed blood thinner, please contact our office at (602) 717-9544.

### **POST TREATMENT**

- There may be redness or swelling around the treated area. This may last for a several hours. The skin will be sensitive and feel similar to a sunburn. Erythema (redness) and possibly edema (swelling) and pinpoint oozing are the desired responses within a few minutes after the completion of the procedure. The degree of redness, oozing and healing time will increase with the depth and percentage of your treatment.
- After you have your treatment you will leave the office with a thick layer of Aquaphor (a Vaseline type ointment) on your scar. This occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. You will wear the occlusive barrier for the next 3 days. Do not allow the treated area to dry out (i.e., reapply Aquaphor as needed).
- Redness normally persists for 24 hours – to 3 days depending upon the depth of the treatment.
- Oozing may persist for 24 hours after the treatment.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers; i.e., Extra Strength Tylenol.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm.
- This is typically only needed within the first 12 hours after the treatment.
- Peeling and flaking generally occur within 48 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.
- Avoid direct sunlight for up to 2 months post treatment.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup (if the treated area is on your face). If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any hyperpigmentation that could be caused by direct and indirect sunlight.
- Ensure your hair is held back and away from your face during the healing period (if the scar is on your face)
- No exercise or physical activity for 48 hours following treatment. Sweat contains bacteria that can cause infection in the tiny open wounds that have been created.
- Make sure to wash your hands thoroughly before touching laser treated areas.
- Do not wear old hats or ball caps after treatment of the face, they may carry bacteria.

- Put on freshly laundered clothing each day if the neck and chest were treated.
- Put freshly washed sheets and pillowcases on the bed just prior to treatment.
- Face will normally bronze and peel within 5-7 days (Note: neck and chest normally requires 2-3 weeks and arms and hands require 3-4 weeks to heal).
- The treated area should be ready for the next session in about 4 to 8 weeks.
- Results will continue to improve after initial healing period, expect full results to take 6 months.

**POST CARE**

As soon as you get home, you are to start doing vinegar soaks. This reduces redness, prevents infection and speeds healing. The more you are able to do, the better. We recommend a minimum of 3 times a day for the next 3 days.

For the next 3 days, keep a layer of Aquaphor on the scar at all times and keep it open to air with loose clothing. Ensure your hands are well cleansed prior to touching your scar for the first 3 days.

To soak: prepare a vinegar solution of 2 tsp of white vinegar to 2 cups of filtered, cold water. The solution can be stored in the fridge ahead of time. Dip a clean soft cloth into the vinegar solution and lay the wet cloth against your skin for 10-15 mins, gently pressing on the skin without rubbing. Rinse with water and reapply Aquaphor.

Do not pick, rub, or scratch the treated area. Do not use any irritating substances on the treated area (i.e., Retin-A, Benzoyl peroxide, glycolic acids, or astringents, etc.) until the skin returns to normal.

Do not expose the scar to the sun, UVA rays can pass through the house or car windows. Until you are able to wear sunscreen, do not leave the house without a hat (if the scar is on your face) or without the treated area being covered.

Avoid sources of excessive heat, such a hot tub, steam rooms, hot yoga, or high impact exercise.

If you experience any itching, an over-the-counter antihistamine such as Benadryl can help.

***Warning***

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at (602) 717-9544.

Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

Patient's Name (Printed): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_