

ABLATIVE LASER TREATMENTS

Preparing for your Treatment

- Schedule a Hydrafacial with your provider up to one week prior to prep skin for treatment and review pretreatment products.
- If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider about pre-treatment.
- If your face or treatment area has irritated skin (sunburn, open wounds, sores, etc.) The day preceding your appointment, please contact our office before your appointment.
- Wait at least six months post isotretinoin (Accutane) use before your laser procedure, as isotretinoin use may impair proper wound healing.
- Avoid the use of self-tanner and sun exposure for 2 weeks prior to the procedure.
- Discontinue the use of topical products containing AHAs, Retinol or Vitamin A for 24 hours prior to your laser procedure.
- If you are on autoimmune therapy, ask your provider if the procedure is appropriate for you.
- Please advise your provider if you are taking any blood thinners or aspirin prior to treatment.
- Avoid injectables (Botox, filler) for 2 weeks prior and post treatment.

Post Treatment:

- Redness is normal and expected. Redness can persist for up to 14 days depending on the aggressiveness of the treatment.
- Pinpoint bleeding may occur. This can last for a few hours - 12 hours depending on the treatment depth and may be isolated to certain treated areas.
- Immediately after treatment, swelling is common and expected. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days depending on the depth of the treatment.
- The treated area may be extremely warm for 12-24 hours after the treatment. Cold compresses or ice packs may provide comfort during this time. DO NOT put ice directly on the skin to prevent skin necrosis.
- On the 2nd or 3rd day after treatment, you will increasingly notice MENDs (Microscopic Epidermal Necrotic Debris – or microscopic “scabs”) dark spots and a bronzed appearance to the treated skin. This is part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture and will begin to flake and peel. If the face is treated, it could take 5-10 days for the peeling process to be completed. If the neck, chest or anywhere on the body was treated, this process could take up to 2 weeks.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve (can last for several weeks). Your clinician will inform you and advise you of when make-up can be used and which kind.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by over-the-counter oral pain relievers, i.e. Tylenol or Motrin
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. DO NOT scratch the treated area as scarring and pigmentation complications can occur.
- For more aggressive laser treatments you will experience more pain and swelling.
- For relief, you may take 3-4 Advil/ibuprofen 200 mg tablets every 6 hours for pain AND Benadryl to help with swelling the first 12-48 hours after treatment.

Post Care:

Day of procedure

1. Take any prescribed medications as directed.
2. Avoid strenuous exercise and sweating until skin has healed.
3. Anytime post procedure spray Avene Thermal Spring Water for cooling and comfort.
4. Before bed cleanse with CLEANSE Foaming Cleanser, pat with fingers ONLY
5. Spray liberally with COOL Soothing HydroGel (shake product before use)
6. Spray Avene Thermal Spring Water any time for comfort. (Perfect for on the go)

AM (Day after procedure through Day 7)

1. **CLEANSE** - Cleanse skin with **Cleanse** Foaming Cleanser, pat with fingers ONLY
2. **SOOTHE** - Apply **Soothe** Recovery Solution soaked towel on face. Follow directions on bottle. Can be repeated up to 5 times a day for comfort.
3. **REGENERATE** - Apply SkinMedica **TNS Advanced +** or **TNS Recovery Complex** Growth Factor Serum.
4. **COOL** - Spray liberally with **Cool** Soothing HydroGel (shake product before use, can be used throughout the day for comfort).
5. **BALANCE** - Apply **Balance** Intensive Soothing Balm w/ MicroSilver where needed
6. **MOISTURIZE** - Apply SPS **HydraRiche** or SkinMedica **TNS Ceramide Cream**
7. **PROTECT** - Apply **Protect** Broad Spectrum Mineral SPF 50+
8. **HYDRATE** - Spray Avene **Thermal Spring Water** any time for comfort. (perfect for on the go)

PM (repeat steps 1-4)

1. **CLEANSE** - Cleanse skin with SPS **Cleanse** Foaming Cleanser, pat with fingers ONLY
 2. **SOOTHE** - Apply SPS **Soothe** Recovery Solution soaked towel on face. Follow directions on bottle. Can be repeated up to 5 times a day for comfort.
 3. **REGENERATE** - Apply SkinMedica **TNS Advanced +** or **TNS Recovery Complex** Growth Factor Serum.
 4. **COOL** - Spray liberally with SPS **Cool** Soothing HydroGel (shake product before use, can be used throughout the day for comfort).
 5. **BALANCE** - Apply SPS **Balance** Intensive Soothing Balm w/ MicroSilver where needed
 6. **MOISTURIZE** - Apply SkinMedica **TNS Ceramide Cream**
 7. **HYDRATE** - Spray Avene **Thermal Spring Water** any time for comfort. (perfect for on the go)
- Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. DO NOT rub, scrub, use an exfoliant or a skin care brush in the treated area. Doing so could result in scarring and pigmentation complications.
 - Very fine flaking generally occur within 72 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, PIGMENTATION COMPLICATIONS AND INFECTION. Gently washing the skin more frequently will help to promote the peeling process.
 - Sunscreen is a MUST and should be used daily beginning the day after treatment and used vigilantly for up to 3 months post procedure. Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypopigmentation can occur.
 - Typically after the peeling process is complete, make up can be worn.
 - When showering in the next few days, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.
 - Avoid strenuous exercise and sweating for 3 days.

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. Signs of infection include:

- Drainage
- Blisters
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching

IF YOU HAVE ANY QUESTIONS OR CONCERNS. PLEASE CALL OUR OFFICE:

817.442.0810