

## *Pre-treatment*

### **4 weeks prior to laser treatment:**

- Avoid any type of sunburn or suntanning prior to any laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration.
- Discontinue the use of self-tanning lotions and wash off any self-tanner with a Head & Shoulders mixture.
- If instructed start Hydroquinone Cream 4% for 4 weeks prior to a treatment to reduce the possibility of complications.

### **2-4 weeks prior to laser treatment:**

- Start taking arnica pills daily for optimal healing. Medical grade arnica is available in the office for purchase.

### **1 week prior to laser treatment:**

- Discontinue Retin-A, Renova, Differin or any other retinoids.
- Please inform us if you have a history of herpes, cold sores, or fever blisters. We do recommend taking Valtrex 500mg, 1 tablet twice a day for 5 days starting on the day before the laser treatment for all patients. Like sunlight, laser light may cause a cold sore or fever blister leading to more serious complications.

## *Post-treatment*

### **Avoid prolonged sun exposure for 4 weeks after treatment.**

Normal side-effects after laser resurfacing treatment include but are not limited to intense burning, redness, warmth, and a sunburned sensation. The discomfort and redness generally last 1-2 hours after the procedure.

Apply cool compresses with a damp, soft cloth for 10-20 minutes at a time to help relieve the temporary discomfort. Extra Strength Tylenol can be taken as directed for pain.

Your post care kit should be used consistently during the first 7 days. It is important for the treated area to remain soft and pliable during healing. The skin should not be allowed to dry out.

After cleansing your face with gentle cleanser applied skin recovery mask, taking care to fully cover the treated area(s). The 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. The occlusive barrier is only needed 24 – 48 hours. Reapply the occlusive barrier as needed thereafter to keep the skin moisturized.

Within 48 hours, the redness will have significantly improved. The day after the procedure, your skin may feel tight, swollen, or itchy.

Some patients will wake up with facial swelling, particularly around the eyes for several days following the treatment. This is normal and usually resolves within 3-5 days.

A cool to warm shower is recommended for the first 3 days.

### **Avoid:**

Aerobic exercise, saunas, and hot tubs for the first 3 days  
Makeup for the first 3 days. Caution should be used when applying and removing makeup. The treated area may be delicate and should be treated with care.

Use of topical skin care products containing retin-A, retinol, glycolic acid, or salicylic acid for 1 week

Prolonged sun exposure for 4 weeks after treatment. A complete sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. If further treatments are needed, a commitment to stay out of the sun is necessary.

If you have a history of frequent cold sores or a history of chicken pox, you should take an anti-viral medication. For information on this, please talk to your provider so that we can provide you with the proper medication.