

Pre-treatment

- Hydrate -drink at least 4 glasses of water per day to completely hydrate your skin and optimize treatment results.
- Medications - you may be provided a prescription for antiviral medication prophylaxis 3-4 days prior to the procedure if you are undergoing a deeper treatment or have a history of Herpes Simplex (HSV) to avoid an outbreak.
- Topical retinoid therapy should be discontinued 3-4 days prior to treatment. Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Avoid any prolonged direct exposure to the sun and use a zinc oxide sunscreen of at least SPF 30+. Also avoid self-tanner and spray tanning for 7-10 days prior to treatment. The treatment area will be thoroughly cleaned, including topical anesthetics, makeup, lotions, deodorants, self-tanning products and ointments.
- Avoid taking anticoagulants for 10 days before treatment, if medical condition allows. Consult with your physician.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder, bath/shower oil present on the area being treated.

Post-treatment

- Immediately after treatment, most patients will experience erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on treatment settings.
 - Apply Skin Recovery Serum to the treatment area 2 times a day. No bandages or wraps are necessary.
 - Your provider will inform you when you may resume the use of your usual skin care products.
- Treat the skin gently, avoid scrubbing or trauma to the treated area. Use water only or a gentle cleanser for the first 24-72 hours.
- Avoid the use of topical skin care products containing retin-A, retinol, glycolic acid, or salicylic acid for 1 week
 - Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation). The use of a physical sunblock SPF 30+ after 24-48 hours.
 - Multiple treatments over a period of several months may be required to achieve the desired response. You may notice immediate as well as longer term improvements in your skin. Contact the office with any questions or concerns.