

Name:

Date of Birth:

AFTER your laser treatment, your skin will feel warm to touch and sting as though you have a bad sunburn. You may also experience swelling. **THIS IS NORMAL.** The stinging sensation, as well as the pink / red coloration usually begins about 15 minutes after the treatment and lasts a few hours. Swelling usually subsides within 12-24 hours, while the redness decreases and resolves over 48-72 hours. Your skin will then feel somewhat dry and rough and may appear a bit darker during this time, usually 4-5 days. Upon completion of your laser procedure, it is imperative that you follow the guidelines given below:

- You may apply a cool, water soaked cloth or a water mister to your skin to calm any stinging, redness, or irritation. This can be done as often as necessary, throughout the day and evening hours for 5-10 minutes.
- Do not rub or scrub your skin. If the post treatment swelling of your skin is more than you anticipated, you may take aspirin, Advil, or Tylenol type products to calm the skin. You may also use Benadryl oral tabs, but this can make you drowsy and you must not drive, drink alcohol or take other medications that are contraindicated with Benadryl or one of the other medications listed above. Do not take any of these products if you have an allergy to or a known hypersensitivity to any of the components.
- You may find it difficult to sleep due to the sensitivity of your treated skin. Try to avoid sleeping on your face if possible.
- Do NOT apply any glycolic / alpha hydroxy / beta hydroxy / tretinoin / tazarotene / adapalene / azaleic acid / benzoyl peroxide or exfoliating products or self tanners to your skin. These products will irritate your skin and may induce hyper-pigmentation or discoloration to your newly treated skin.
- Cleanse your newly lased skin with warm or cool water only during the first 12 hours. You may begin using a gentle cleanser such as Cetaphil liquid cleanser at that time. Be sure the product you use contains none of the above mentioned ingredients that can irritate your skin. Cetaphil is available over the counter at most pharmacy and grocery stores.
- Any make up application should be kept to a minimum to avoid disrupting the newly lased skin. **Avoid** heavy foundations that must be rubbed on. Mineral based face powder is the **ONLY** acceptable face make up during the next 5-7 days.
- A ZINC based sunscreen **MUST** be used at all times during any UV exposure to your treated skin. This is an absolute must, or you may find your skin hyper-pigmenting, sloughing unevenly, and simply more damaged than before - due to the UV penetration to the freshly treated skin. A large brimmed hat is also highly recommended ANYTIME you are outside – this will insure full protection against any UV exposure.
- ALWAYS apply your sunscreen 20-30 minutes PRIOR to exposure to insure protection. Also, remember to apply it every two hours **NO MATTER** what SPF you are using. The ingredients in many sunscreens break down about the two hour mark and you are **NO LONGER** protected. This is regardless of the SPF factor your sunscreen contains. Apply evenly to all areas of exposure.
- During the next 7 days - after your laser treatment, you may use a moisturizing, medical grade cream designed specifically for laser treated skin. We recommend Aquaphor or Cetaphil lotion. These creams aid in the healing process of your skin by locking in moisture, reducing the chance of any bacterial infection, soothe, and reduce redness and irritation. These products can be used 2-6 times per day, as needed. Some of these products have an oily feeling to them and are best suited for evening use, such as aquaphor. Aquaphor can be used all day each day, but it greasy, and doesn't allow for make up application, therefore, daytime creams best suited for your skin during the next week are Cetaphil.
- Do NOT pick, rub, or use a micro-exfoliator or schedule a facial, waxing or other aesthetician services for at least 7 days after your laser treatment. You do not want to remove the dry, rough, dead skin faster than your body wants to. It is serving a purpose during healing and will slough off within the standard healing time of about 7 days. Do not be concerned if your skin takes on a rough, patchy, darkened quality a few days after this treatment, this is normal and expected. It will resolve on its own within 4-5 days. You must continue to protect your skin during this time by using an appropriate sunscreen as well as a wide brimmed hat, gloves, or clothing that can protect your skin during this time.
- Do NOT shave until any swelling has resolved, usually within the next 12-24 hours or so. If you can use an electric shaver during the following 4 days, this is best so not to irritate the lased skin.
- Do NOT work out or perform heavy exercise or labour for 48 post laser treatment. This is to avoid sweating and the increase in heart rate that can cause your skin to become extremely flushed, due to the increase in blood supply about the area.
- DO NOT swim in chlorinated water or salt water for 7 days. These environments have a different pH and can irritate your newly treated skin.
- After the initial 7 day period, you may return to your previous skin care regimen. We recommend that you begin a regimen that fits your life style and can add to the improvement and appearance of your skin.
- DO NOT plan any outdoor activities or activity that exposes your skin to direct sunlight or artificial UV rays. Though we recommend that you avoid this activity always, we require your compliance for the next 7 days.
- DO NOT wax any area treated by laser for 10 days after your treatment.

CONTACT this Medi-Spa Clinic immediately for anything that does not feel normal, such as oozing, weeping, blister formation, fever, chills, or a "hot" feeling to certain areas of your skin 2 or 3 days AFTER your laser treatment as we are physician supervised.

REMEMBER - Avoid touching your face or other treated areas. When you need to, make sure your hands are clean so you don't contaminate your treated skin.