

## ABLATIVE LASER PRE/POST TREATMENT PROTOCOLS

### Prior to your laser procedure

- During your Consultation the correct treatment option and treatment level will be decided upon considering your current skin condition, expectations and importantly your recovery allowances.
- During your consultation, you should discuss your current skin care regimen and plan for proper skin care after your laser treatment.
- It is critical that you are not using topical or oral steroids (creams or pills), Retinoids (topical or oral) or Accutane(within the last 6 months).
- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinones, retinols/retinoids, aspirin, Tazorac, Differin, and Vitamin E products 3 days prior to your treatment.
- Your medical condition will be reviewed.
- If you are pregnant or breast feeding, you are NOT a candidate for laser treatment.
- If you have a history of “cold sores” or peri-oral HSV, please let us know. Medication can be prescribed to minimize the possibility of an outbreak following your treatment.
- For darker skinned patients, patients with melasma or a history of hyperpigmentation, we will prescribe skin bleaching cream and/or skin lightening products one month prior to treatment to minimize the possibility of hyperpigmentation following your laser treatment.
- Active tanning must be discontinued 2 weeks prior to your treatment. Both sun tanning and tanning booths must be avoided for 2 weeks prior to your treatment.
- Do not have any laser or light-based treatments until your ablative laser treatment series is completed.
- Do not have microdermabrasion or “peels” for 2 weeks prior to your ablative laser treatment.
- Do not have any facial waxing for 2 weeks prior to your treatment.
- Do not use irritating skin-care products such as glycolic or salicylic acids and abrasive scrubs for 2 weeks prior to your treatment.
- Avoidance of Aspirin and Aspirin containing products is recommended for 7 days before the procedure.
- It is recommended that you avoid alcohol for 24 hours prior to the procedure.
- Hydration is important. Drink plenty of water.

- You may drive to and from your appointment. If you require oral “pain” medication, please arrange for someone to drive you home.
- Have Ice Packs ready at home. Ice gel packs will be provided to you for your trip home. Patients often have 2 bags of frozen peas at home for use as ice packs.
- Please make sure you leave enough time in your schedule to allow for a proper ablative laser treatment. You should plan on roughly 2- 2 ½ hours in the office, to allow for proper numbing, treatment and after care.
- After your treatment you will use non-irritating, non-clogging gentle skin care products, some will be provided to you with your treatment.
- You should ask questions and feel free to contact our office if you need any information.

### **Your laser procedure day**

- Eat light before your procedure. Do not eat a heavy meal.
- Do NOT wear make-up to the office. Otherwise please arrive 10 minutes prior to your appointment in order to clean the skin. Cleansing products are available for your convenience.
- Allow 2-2 ½ hours for your appointment.
- You may wish to bring a book or personal entertainment device with you.
- If you were prescribed oral “pain” medication, take it upon arrival at the office to allow time for its effect.
- Your procedure will be performed under topical anesthesia.
- The topical anesthetic will be applied and allowed to work for 1 hour.
- Before you go home, make sure to discuss your post laser skin care program with our skin care specialists. Review your post treatment instructions and please ask any question that you may have.
- It is best to schedule your next treatment at the time of discharge. The average treatment interval is best between 3-8 weeks depending on your skin type. At the time of your consultation, we will review your specific treatment plan.

### **Post Laser Instructions**

- You will be discharged from the office after an application of laser post procedure product.
- After your treatment you will experience some mild burning that is controlled with Ice Packs.
- You may experience redness, swelling, pinpoint bleeding and oozing immediately after treatment.
- Upon your arrival home, use Ice Packs as needed for the remainder of the day. Patients commonly use bags of frozen peas as ice packs.
- Some patients benefit from Benadryl and Ibuprofen for the first 24-48 hours. It is acceptable to use these over-the-counter medications.

- The first night you should sleep with your head elevated on several pillows to minimize swelling. Protect your linens with a towel over your pillow.
- Apply a thin layer of Avene Cicalfate Restorative Skin Cream and keep moist. It is best to toggle applications between this and your other moisturizer in your post procedure kit. It will help speed up the healing process.
- You will notice swelling, particularly under your eyes, worst on the morning after your procedure. Swelling typically last 1-3 days, depending on the aggressiveness of the treatment.
- You may wash your face the next day with a gentle cleanser but do not rub vigorously.
- Your skin may feel dry as the skin heals. Apply non-clogging and nonirritating moisturizers several times per day.
- Avoid direct sunlight on the treated area for 4-6 weeks after your treatments.
- A broad spectrum UVA/UVB sunscreen (SPF 50 or greater) must be worn daily once the skin is healed for at least 3 months after your treatment, regardless of season or weather conditions.
- Avoid harsh topical products such as retinols and glycolic acid products for 2 weeks after treatment.
- Anticipate 4-5 days of social down-time following your treatment.
- New collagen takes approximately three to six months to form, therefore, results may be seen within the first few weeks and yet the skin's texture, clarity and tone will continue to improve for up to one year.

**\*Please contact our office during clinic hours at 425-998-9227 or after hours at 425-331-9323 should you have any cause for concern related to a recent procedure.**