

Pre-Treatment

LaseMD Skin Resurfacing

DAY OF TREATMENT:

- **Make sure skin is completely clean** and free of lotions, makeup, or deodorants in the treatment area.
- **Avoid sun exposure for at least 2 weeks** prior to treatment. **Apply a UV A/B (broad spectrum) sunblock** daily with SPF of at least 20 while spending any time outdoors.
- **Avoid products containing active ingredients** such as Retinoid/Retinol for at least 4 days prior to treatment.
- **Make sure you are not actively on any antibiotics at least four days before and during** treatments.
- **Make sure any known health conditions (ex. Diabetes) are being properly managed** before starting treatments.
- If prone to cold sores, **you may want to start an antiviral medication** at least 3 days before your treatment. Let your technician know prior to starting treatments so we may prescribe a medication if needed.
- Make sure you have *not* received any **Botox** at least **2 weeks prior to treatment** and have not received any **Fillers** at least **4-6 weeks prior to treatment**.
- ★ *Tip: It is best to bring a hat, umbrella, or form of shade to your appointment to cover up after receiving treatment to preserve and enhance your results.*

While the treatment is tolerable, your diet and habits can affect your sensitivity, therefore you may want to consider these tips.

We recommend you:

- **Avoid stimulants** like caffeine, sugar, and nicotine on the day of your appointment. If you drink caffeine daily, do not go without, but drink less than you normally would.
- **Drink plenty of water** the day before, day of, and day after treatment. The more hydrated you are, the less sensitive the skin will be during the treatment and will also help aid in healing.
- **Eat a meal** before treatment so you're not hungry! Though you may not notice the effects of skipping a meal, your body does. Eating a meal will allow your body to relax and increase your pain tolerance.
- **Try to schedule your treatment** when your stress levels are not at their peak. Use deep breathing exercises to calm your nerves.
- **Get as comfortable as possible** during your treatment. Communicate with your technician, your comfort is one of their top priorities!
- **For women**, try to schedule your treatments when you're not getting ready to start menstruating. Every woman, whether they feel PMS symptoms or not, will be extra sensitive--so much so that after the menstruation what was once painful could simply feel moderately uncomfortable!
- **Avoid sun exposure**, saunas, very hot showers, or anything that causes excessive heat in the skin the day before and day of your appointment.

Post-Treatment

LaseMD Skin Resurfacing

The healing time for any given treatment varies between different people.

WHAT TO EXPECT AFTER TREATMENT

Unlike other skin resurfacing lasers, the LaseMD laser produces very minimal downtime. The intensity and duration of the side-effects will depend on the aggressiveness of the treatment as well as your own individual healing characteristics. Typically, clients that receive a more aggressive treatment will have more intense side-effects and a longer healing phase. **All of these side-effects are completely normal.**

- **Swelling** - You will notice mild swelling on the first day after receiving treatment, especially under the eyes. Swelling typically subsides after the first day.
 - **Redness** - Most redness subsides the first day following treatment, but a rosy tint can remain for a few days. If desired, makeup can be applied after treatment to minimize any redness.
 - **Dry Skin** - Your skin may feel dry and may flake or peel. A light sandpaper-like texture may develop in the days following treatment. This is the treated skin working its way out of the body as new, fresh skin is being generated.
 - **Raw Skin** - If areas of raw skin develop after receiving treatment, keep the area moist with a product like Aquaphor. You do not need to cover the area with a band-aid, but be sure to keep the area moist and **do not pick or scratch** at the area. These areas will heal rapidly on their own.
- ❖ **Cold Sores** - If you have a history of cold sores or are prone to them, you must take an antiviral medication like Valtrex twice per day for 7 days. Delivery of heat into the skin can sometimes trigger flare-ups.
 - ❖ **Scrubs, Toners, Irritating Skin Care Ingredients** - Your skin will be very sensitive for the first week or so after receiving treatment. Do not use ANY products that will cause irritation to the skin during this time. Do not use abrasive scrubs, toners/astringents, or any products containing irritating ingredients such as Glycolic Acid, Salicylic Acid, Retin A, etc. Be sure to read the product labels!
 - ❖ **Bleaching Creams** - Discontinue use of any bleaching creams while your skin is still tender. You may resume the use of these creams 10 days after receiving treatment.

The LaseMD Serum given to you after receiving treatment is a vital component to your treatment as it is the key to achieving the best results. This serum must be applied a minimum of twice daily until the bottle is empty (approximately one week).

- ❖ If you were given products after your treatment to be used during your optimizing phase, WAIT THE RECOMMENDED TIME before applying these products (typically one week after receiving treatment).

Instructions continue on the following page

KEEP CLEAN

- **Keep your skin clean!** Wash the treatment area and gently pat dry. It is important to keep your hands off of the treated area to avoid getting bacteria into the open treated pores, as this causes pustules.
- **There are no restrictions on bathing, but treat the skin gently and avoid using extremely hot water for the first 24 hours.** Do not scrub the skin with loofahs or physical exfoliants and pat skin dry rather than rub.

HELP HEAL

- **Patients may experience a burning sensation for 1-2 hours** immediately after the treatment. Cooling with an ice pack can provide relief to the treated area. Make sure to **enclose the ice pack in sterile and dry gauze** to prevent water from penetrating the tissue in the treated area.
- **Keep the treatment area moisturized.** After the first day, gently wash and pat the skin gently dry for two days. Do not scrub the treated area. Moisturize daily. Usually, any crust will separate naturally within **5-7 days** after the treatment.
- Apply the ampoule to the treatment area **2-3 times per day for 2-3 days** or until the product is finished.
- **Do not pick or scratch the skin** while it is healing. Usually, any crust will naturally shed off within 5-7 days after the treatment.

AVOID

- **It is imperative to the outcome of your treatment to avoid sun exposure immediately after treatment and for at least 20 days.** Apply UV A/B sunblock daily with SPF of at least 30. Use an umbrella, hat or any other available protection against sunlight while spending time outdoors.
- **Avoid exercising or any activity that causes excess heat in the skin for the first week** post-treatment or until initial healing has occurred. Increased redness may result from any activity that increases blood flow or body temperature (e.g. alcohol consumption, exercise, and sauna).
- **Please do not use cosmetics which contain active ingredients** such as Retinol or AHA or any product **containing alcohol** for **at least 1 week** after treatment without prior permission from the technician.

If you have any questions or concerns, please do not hesitate to call us at the office at (480) 730-6701.

To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.