



Erbium Laser Resurfacing Instructions
(NanoLaser / MicroLaser / Deep MicroLaser / Fully Ablative)

What is Erbium (Er:YAG) laser resurfacing?

Erbium Laser resurfacing utilizes a laser light energy at 2940 wavelength to improve the overall look and feel of your skin. Commonly treated conditions include fine lines, sunspots, and uneven skin tone and texture, keratosis. The Sciton Joule, is one of the strongest, safest, and most effective resurfacing lasers available with a great reputation and history. All lasers are not created equal and the Sciton Joule is an elite laser in a class of its own.

How does laser resurfacing work?

The laser used in resurfacing has a very high attraction to the water in your skin. When the laser energy is applied, it ablates (vaporizes) a layer of skin to a depth controlled by our laser technician or physician. The high water attraction allows the laser to ablate blemishes, wrinkles and damaged skin very efficiently and safely to a precise depth. As your skin heals, a new layer of fresh, healthy skin replaces the old damaged skin. Additionally, laser resurfacing stimulates the formation of new collagen, leading to a stronger dermal foundation and noticeably firmer skin.

How many treatments will I need?

Excellent results can be obtained in just one treatment; however the number of treatments needed may vary from patient to patient. Your provider will personalize a plan based on your specific needs and may choose to combine laser resurfacing with other aesthetic procedures and skincare products to further personalize your treatment. A sustained skincare program with repeat treatments can give you lifelong beautiful skin.

What will happen during the treatment?

Your skin will be cleaned in the treatment area and your eyes will be protected with safety shields. Your provider will position the laser hand piece above the skin and will hold it in place as the computer-guided scanner moves the laser beam around the treatment area. Depending on the size of the area being treated, the procedure usually lasts around 20 minutes to an hour. Depending on depth of treatment your provider will advise you on whether a topical numbing cream, &/or Valium, &/or nerve blocks will be used.

When can I return to work?

Most patients feel comfortable enough to return to work within 3 to 4 days – an attribute that has given rise to the nickname “the weekend peel.” However, if you have a deeper treatment you may need 1-2 weeks for your recovery period. Depth of laser treatment determines downtime.

When will I notice a difference?

Because only the outer layer of skin is treated, most patients notice an obvious improvement in tone, texture and color evenness once the skin heals in approximately 5-7 days. With deeper laser resurfacing treatments there may be a longer recovery period of several weeks.

Pre-Treatment Instructions

1. SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND 8 WEEKS AFTER TREATMENT. Sun exposure may cause problematic skin discoloration.
2. Do not use any self-tanning lotions in the month prior to treatment.
3. Avoid Electrolysis / Waxing / Depilatory Creams (of treatment areas) for 2 weeks prior.
4. Stop using Retin-A, Hydroquinone, Retinols, Renova, Differin, for three days prior to treatment. Stop Alpha-hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid) & Benzoyl Peroxide topicals and any other similar or exfoliating products that may be drying and/or irritating 2 weeks prior to your procedure. You may usually begin re-using your regular skincare products approximately 2 weeks after the procedure and when instructed so by provider
5. If you have been on Accutane in the last 12 months you cannot do the treatment. Period!
6. Our doctors may prescribe a 4% Hydroquinone Cream for use 4-8 weeks prior to treatment to reduce the risk of Hyperpigmentation (PIH). Stop this medication three days before your treatment.
7. If you have a history of cold sores you will be prescribed an antiviral medication that you will take as instructed. It is important to take this.
8. You may be prescribed a topical numbing cream that you will need to apply 30 minutes prior to your appointment time. If you would like our staff to apply the medication, please arrive 30 minutes prior to your scheduled appointment time.
9. Make sure you have our post laser balm on hand to apply post-treatment for the first few days as instructed.

10. Please do not wear make-up and/or jewelry on the day of your procedure. Please be prepared to remove your contact lenses before treatment or wear glasses preferentially. Wear comfortable clothing that buttons down in front (no pullovers). Wear layers in case you are cold or warm.
11. You must notify us of any piercings, permanent makeup, tattoos, or suspicious skin moles in the area of treatment.

Post-Treatment Instructions

Anticipated Reaction

Patient responses will vary. Burning, hotness, redness, swelling, warmth, itchiness and a sunburned sensation as well as tightness sensation are normal and anticipated responses following your resurfacing procedure. Depending on the depth of resurfacing you may experience the anticipated reactions for 3 days to more than 2 weeks. After a few days you may start to notice flaky or peeling skin, **DO NOT PICK, RUB OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION.** Sleep upright the first night after the procedure to avoid or minimize swelling of facial tissues. Worsening of Pain, redness, or formation of blisters and pustules may result from infection or allergic reaction. Take daily photos and email us with concerns.

Cleansing the Skin

Skin should be washed 6 times a day with only cool tap water and soft cotton balls. **DO NOT USE ANY CLEANSERS, SOAPS OR TONERS.** After you have cleansed the skin with cool water apply a thick layer of our post laser balm. You may begin using gentle non-acidic cleanser when the skin has re-epithelialized and healed. This will vary depending on depth of treatments and how each individual heals. If you are uncertain if it is safe to start using cleansers take a few selfies and email us at staff@nadericenter.com

Moisturizing

After cleansing the skin with cool water each time use our post laser balm liberally to treated areas until healed. Do not allow the skin to dry out. Adequate cleansing and liberal moisture will minimize skin flakiness and peeling.

Sun Exposure/Activities

Strict sun avoidance for the first eight weeks after treatment, especially if you had deeper (>10 microns) resurfacing procedure. **YOU WILL BURN AND HYPERPIGMENT IF YOU HAVE DIRECT SUN EXPOSURE.** While the skin is healing and you are using our balm do not use any skincare products. If you must go outside wear a wide brim hat and stay in the shade. Aerobic exercise, saunas, hot showers and hot tubs should be avoided while healing.

Treatment of Pain/Discomfort

Cool compresses with a damp soft cloth for 10-20 minutes at a time may relieve temporary discomfort. Ibuprofen, Advil, Aleve, Motrin, or Tylenol can be taken as directed for pain. Post laser balm should be applied 6 times daily until skin has healed over.

Return to Regular Skincare Regimen / Make-up Use

Once the skin has healed you may start to wear water based Make-up, we advise using mineral based make-up. Speak with our skincare specialists about what skin care products to restart after your skin has healed. Do not start any skincare products without consulting our staff. Without a good skincare regimen for further improvement and maintenance your results will not last. You should also be using a physical sunblock while healing and a sunscreen with a minimum of spf 30 afterwards.

Causes for Concern and when to notify our office

If you experience worsening of pain, excessive swelling, worsening of redness, bleeding that is not pinpoint, vesicles, blisters, drainage (pus), increased warmth at or around treated area or fever of 101.5 or greater please notify our office immediately. **Call (703) 481-0002 to speak with a medical practitioner about your concerns. Please always take pictures that you can email us at staff@nadericenter.com and have for day to day healing comparison. In case of any emergency dial 911 or go to the nearest ER.**