

ULTRACLEAR™ LASER RESURFACING

Pre & Post Procedure Instructions

Pre-Procedure Instructions for UltraClear Laser Skin Resurfacing

SHOPPING LIST

- ☐ **Prescriptions.** Anti-viral medicine for patients receiving deep treatments. Some patients may require pain medication or oral sedatives.
- ☐ **Moisturizer or healing ointments.** Do not let skin dry out, especially after deep treatments. Use CeraVe Healing Ointment, Vaseline Jelly, Vaniply Ointment, Aquaphor or Alastin Recovery balm. Your provider will recommend best ointment based on depth of your treatment.
- ☐ **Headband/hair ties.** Hair ties keep hair away from treated areas.
- ☐ **Cotton balls or squares.** Used for gently cleansing the face
- ☐ **White distilled vinegar + distilled water.** Post procedure soaks act as an antiseptic.
- ☐ **Gentle skin cleanser.** Cetaphil or CeraVe Gentle Skin Cleanser are good options
- ☐ **Alastin® Nectar or (plated) SkinScience.** Can be used after day 3 or 5. Refer to your provider for specific instructions
- ☐ **Sunscreen.** We recommend mineral sunscreens with SPF 50 or higher (after skin has healed). Obagi Physical Defense, ZO Sheer Fluid or Alastin SilkShield is recommended.
- ☐ **Large hat or sun visor.** Sun protection is an absolute must post laser

PREPARING FOR YOUR TREATMENT

- **Hair Removal.** Avoid electrolysis / waxing / hair removal creams in area you are desiring skin resurfacing for 1 week prior to your treatment to avoid irritation.
- **Skincare Products.** Stop all retinoids (Retin-A, tretinoin, retinol, etc.), alpha-hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid) & benzoyl peroxide and any other similar or exfoliating products that may be drying and/or irritating 1 week prior to your procedure.
- **Cold Sore Prevention.** For those with frequent cold sores, an oral anti-viral medication should be started prior to or the day of the procedure.

DAY OF PROCEDURE

- **Dress Comfortably:** Do not wear nice clothing. Dress in comfortable, lowcut neck, and loose-fitting cool clothes. Shirts that can be buttoned or zipped up are preferred.

- **Wash Your Face.** Wash face prior to treatment. **Do not apply anything to your face after cleansing-** this includes lotion, sunscreen, makeup, etc.
- **Remove Piercings and Fake Lashes:** We will place eye protection which may damage your fake lashes. Piercings close to treatment areas should be removed or covered with tape.
- **Medications:** Your physician may have prescribed **Valium tablets and Pain Medication.** Bring all medication with you to our office. You will be instructed when to take these before and after your procedure once you are in the office.
- **Arrival to Office.** If you will require Valium or Pain Medications, a responsible adult will need to drive you to and from the procedure (you cannot take a taxi or Uber).

Post-Procedure Instructions for UltraClear Laser Skin Resurfacing

DAYS 1-7 AFTER PROCEDURE

- **Preparing Vinegar Soaks.** Mix 1-2 tsp white distilled vinegar with 8 oz distilled water. Soak sterile gauze or cotton swabs in the solution and refrigerate. Apply topically every 2-3 hours post-procedure.
- **Recovery Balm.** After each soak you can apply your topical recovery balm. Keep the skin moisturized at all times. We recommend CereVe Healing Ointment, Vaseline Jelly, Vaniply Ointment, Aquaphor or Alastin Recovery Balm. Your provider will give you specific recommendations customized for the depth of your treatment.
- **Washing your face.** Most patients can start washing face with a gentle cleanser on day 3. **Do not pick at or scrub off any crusts.** If you had deep resurfacing or “coring” avoid tap water on the face for the first 5-7 days.
- **Sleep.** Sleep on your back with your upper body elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body upright will minimize swelling. You do not want the laser treated areas to be pressing against your pillow. Continue this for one week. Use clean pillow cases but save your nice ones!
- **Reapplying Healing Ointment.** The morning after your procedure you may gently wipe off any residual ointment with a moist cotton ball and immediately reapply another layer of the ointment. Do **NOT** scrub off any skin crusts. Apply this ointment 4-5x times daily.
- **Recovery Products.** Once you are no longer using your recovery balm you can start applying **Alastin® Skin Nectar** or **(Plated)™ Skin Science**. These products are important and do help speed up recovery and enhance results.

- **Sunscreen and Hat.** Wear a clean, large-brimmed hat when outside. Sunscreen must be worn after you are no longer required to use your recovery balm. We recommend SPF 50 or higher.

MEDICATIONS

- **Pre-medication:** You may be prescribed a sedative called Valium. Bring the **Valium tablets** with you to our office, you will take them 1 hour prior to your procedure when instructed by our office staff - after you have signed your consents.
- **Pain.** You may be prescribed a pain medication for post-procedural pain control. If your discomfort is not strong you are welcomed to take Tylenol or Advil in place of the prescribed medication. Do not take Tylenol with the prescribed pain medication as the medication you are prescribed will often have Tylenol. **Do not exceed 4,000 mg of Tylenol in any 24-hour time period.** Take medication with food to minimize risk of nausea.
- **Medications to Avoid.** Take only those medications approved or prescribed by your doctors. Avoid medications containing aspirin for two weeks before and after procedure. These medications may increase bleeding.

NUTRITION

- **Diet.** A low-fat bland diet is best afterwards. You may start a regular diet after your procedure as long as you are not feeling nauseous or vomiting.
- **Hydration.** Stay hydrated by drinking 8 -10 glasses of water a day. Avoid alcohol.

ACTIVITY

- **Sun Exposure.** Strict sun avoidance for the first 2 months after treatment is crucial. **You will burn and hyper-pigment if you have direct sun exposure.** If you must go outside wear a wide brim hat, sunglasses, and stay in the shade. SUN AVOIDANCE IS YOUR PRIORITY.
- **No makeup, skin treatments, or shaving until cleared.**
- **Return to work.** Lighter treatments have 5-7 days of “social down-time” but often patients can go to work as long as they are not feeling embarrassed about their look. Patients with deeper treatments may require approximately 5-7days off work.
- **Driving.** Do NOT operate a vehicle or make important decisions until you have been off pain medications and Valium for 24 hours. Use good judgment.

- **Exercise.** Light physical activity may be resumed 1 week after the procedure. Remember to start easy and build back up to your previous exercise levels. Just know that swelling may transiently be worse with exercise.
- **Heat.** Saunas, hot showers, and hot tubs should be avoided for 3 weeks. These activities may further irritate the skin and delay proper healing.
- **Cool Compresses.** Cool compresses with a damp soft cloth for 10-20 minutes at a time may relieve temporary discomfort.

BATHING

- **Showering.** You may shower with luke-warm water and wash your hair but try to avoid getting hot water, soap or shampoo on your healing face. Apply your recovery balm immediately after you get out.
- **Wash Your Face.** Starting on day 3, skin should be washed 3-4 times a day with only cool tap water and soft cotton balls. **DO NOT USE ANY HARSH CLEANSERS, SOAPS, OR TONERS.** After you have cleansed the skin with cool water apply a layer of your recovery product.

WHAT TO EXPECT

- **Discoloration.** You can expect to have light bleeding and discoloration. Skin can go from pink to red, to brown. Most major discoloration should be gone by about 2-3 weeks.
- **Swelling.** Swelling of the face and/or eyes is common, and typically begins to reduce starting the 4th day after treatment but it can take up to 2-3 weeks for resolution.
- **Pinpoint bleeding.** Pinpoint bleeding may occur, but should stop after the first 24 hours
- **Itching / Burning sensations.** Itching at the laser treated areas is normal and can occur when the skin is too dry. Apply more of the recovery balm. Itching can also be a sign of allergic reaction or infection. Please keep us posted with good photographs. Burning, hotness, redness, warmth, and a sunburned sensation are normal and anticipated the first 2-3 days following your resurfacing procedure
- **Oozing.** Oozing is common and generally looks like yellowish drips on the skin. The dilute vinegar soaks will help. Blot these areas gently with a soft tissue and reapply the ointment as needed.
- **Discomfort.** It is normal to experience burning, tightness, soreness the first 3-4 days. Take your medications, follow the instructions. Keep us posted.

DO NOT'S

- **Do NOT pick at any crust or scab** that may form on the face. This may cause permanent scarring of the area.

- **DO NOT** soak in **baths, Jacuzzis or hot tubs** until all the skin has fully healed.
- **DO NOT** take **Aspirin** or other blood thinners until your physician advises you it is safe.
- **Do NOT** expose your skin to the sun for **8-12 weeks**. Sunscreen is not a substitute for sun avoidance!

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE (703-481-0002) OR GO TO THE HOSPITAL

- **Signs of Infection.** Spreading of redness, worsening of swelling, increased drainage of pus, worsening pain, pustules or vesicles and temperature over 101°F.
- **Other Emergency Situations.** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.