

# ULTRACLEAR™ LASER RESURFACING

## Pre & Post Procedure Instructions

### Pre-Procedure Instructions for UltraClear Laser Skin Resurfacing

#### WHAT YOU WILL NEED

- ☐ **Prescriptions.** Anti-viral medicine for all patients. Some patients may require pain medication or oral sedatives. Refer to your provider for specific instructions.
- ☐ **Large hat or sun visor.** Sun protection is an absolute must post-laser and you should bring it the day of your treatment.
- ☐ **Headband/hair ties.** Hair ties keep hair away from treated areas.
- ☐ **Gauze Pads.** Used for gently cleansing the face.
- ☐ **Sterile Saline.**
- ☐ **Recovery Products:**
  - ZO Ablative Healing Post-Procedure Kit (comes with its own set of instructions and given day of treatment).

**OR**

  - Recommended Gentle Cleanser, Healing Ointment and Moisturizing Cream - Please see attached Shopping List for Over-the-Counter options. Will need to be purchased prior to treatment.
- ☐ **Sunscreen.** We recommend mineral sunscreen with SPF 50 or higher (after skin has healed < 1 week post treatment). Obagi Physical Defense, ZO Sheer Fluid or Alastin SilkShield is recommended.

#### STARTING BEFORE 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.
- **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.



## **DAY OF PROCEDURE**

- **Dress Comfortably:** Do not wear nice clothing. Dress in comfortable, lowcut neck and loose-fitting 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.

## **Post-Procedure Instructions for UltraClear Laser Skin Resurfacing**

### **DAY OF TREATMENT – DAY 0**

- **Going home.** You will leave the office with a thick layer of ointment on your face. Leave lasered skin alone but add additional healing ointment/soothing ointment if needed at night to any dry area.
- **Pinpoint bleeding.** Pinpoint bleeding may occur, but should stop after the first 24 hours.
- **Oozing.** Oozing is common and generally looks like yellowish drips on the skin. Blot these areas gently with a soft tissue and reapply the ointment as needed.
- **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!
- **Discomfort.** It is normal to experience burning, tightness and soreness the first few days. Follow your treatment instructions.
- **Pain.** You are welcome 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.

### **DAYS 1-7 AFTER PROCEDURE**

- **Saline and Gauze Pads.** Saturate gauze pads with saline and gently wipe the lasered skin before doing the Cleansing Step in your product recovery instructions.
- **ZO Ablative Post Procedure Kit.** If you have this recovery kit, follow the ZO Skin Health Post Procedure Program instructions.



- **Over the Counter Recovery Products.** Following instruction sheet for cleansing, ointment and cream after using saline and gauze to prepare lasered skin for post care products.
- **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.
- **Swelling.** Swelling of the face and/or eyes is common and typically begins to reduce starting the 4<sup>th</sup> day after treatment but it can take up to 2-3 weeks for resolution.
- **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.
- **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 which can be emailed to [staff@nadericenter.com](mailto:staff@nadericenter.com). Burning, hotness, redness, warmth, and a sunburned sensation are normal and anticipated the first 2-3 days following your resurfacing procedure.
- **Cool Compresses.** Cool compresses with a damp soft cloth for 10-20 minutes at a time may relieve temporary discomfort.
- **Hat and Sunglasses.** Wear a clean, large-brimmed hat when outside.

## **AFTER 1 WEEK OF RECOVERY**

- **Additional Recovery Products.** Other topical recovery products your provider may prescribe can include **Alastin® Skin Nectar** or **(Plated)™ Skin Science**. These products are important and do help speed up recovery and enhance results.
- **Sun Protection.** 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.
- **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.
- **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.

## **DO NOT'S**

- **No makeup, skin treatments, or shaving until cleared.**
- **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.



# ZO<sup>®</sup> SKIN HEALTH

## PRODUCT USE INSTRUCTIONS

**WHAT TO ANTICIPATE:** Swelling, surface skin darkening, raw appearance, oozing fluid. Skin may start to peel by day 4 or soon thereafter.

### Balancing Cleansing Emulsion

Apply Balancing Cleansing Emulsion to DRY skin. Massage around face + eyes. On contact with skin's heat, gel formula will begin to lift impurities. Apply water to transform cleanser into a milky emulsion. Rinse thoroughly.

### Astringent Soak Powder

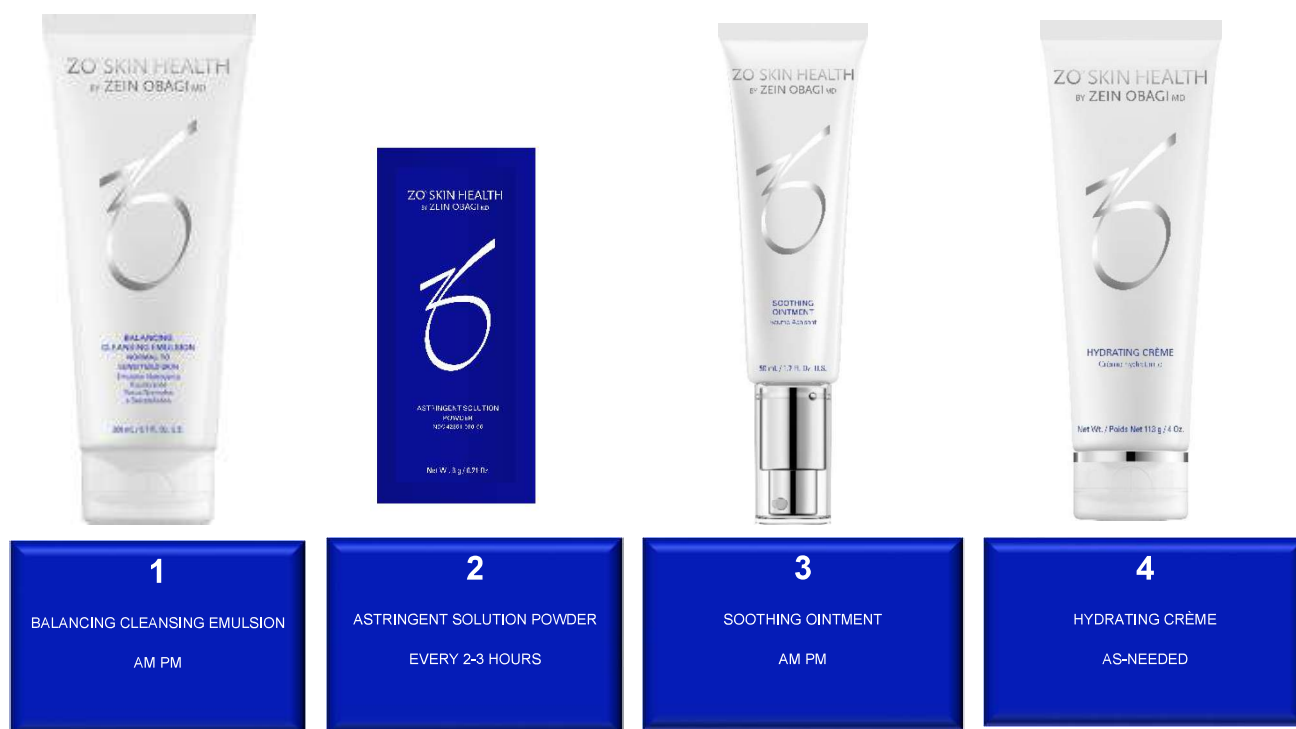
Mix 1 packet of powder into a 12 oz bottle of water daily. Shake to mix. Pour approximately 2 oz of solution into a clean dish and soak 4 X 4 gauze in solution, to create a compress. Apply compress loosely to treated area for 15-30 minutes or as directed by physician. Discard gauze and any remaining solution in dish after use. Repeat process every 2-3 hours.

### Soothing Ointment

Apply 2 pumps in a very thin layer as over applying can lead to post procedure acne. Use twice a day. A third application may be applied after the 2 PM compress only if needed.

### Hydrating Crème

Apply every two hours and as much as needed throughout the day to keep skin hydrated, calm and reduce itching.



Some of the information contained herein has been developed by one or more medical professionals expressing their professional opinions and/or recommendations and may not align with ZO's protocols, trainings and/or marketing claims, and have not been approved by the FDA. ZO<sup>®</sup> disclaims ownership of and does not accept responsibility for the opinions and recommendations of physicians contained herein. J.Mills | 2024

# ZO<sup>®</sup> SKIN HEALTH

## POST PROCEDURE PROGRAM - ABLATIVE

### DAYS 1 - 5

#### 8 AM



1. Balancing Cleansing Emulsion
2. Astringent Powder Soak Compress
3. Soothing Ointment 2 pumps (thin layer)
4. Hydrating Crème

#### 10 AM - 6 PM (Repeat every 2 hours)

1. Astringent Powder Soak Compress
2. Hydrating Crème

#### 8 PM



1. Balancing Cleansing Emulsion
2. Astringent Powder Soak Compress
3. Soothing Ointment 2 pumps (thin layer)
4. Hydrating Crème

#### 10 PM

1. Astringent Powder Soak Compress
2. Hydrating Crème

### DAYS 6 UNTIL SKIN IS HEALED

#### 8 AM



1. Balancing Cleansing Emulsion
2. Astringent Powder Soak Compress
3. Hydrating Crème

#### 10 AM - 6 PM (Repeat every 2 hours)

1. Astringent Powder Soak Compress
2. Hydrating Crème

#### 8 PM



1. Balancing Cleansing Emulsion
2. Astringent Powder Soak Compress
3. Hydrating Crème

#### 10 PM

1. Astringent Powder Soak Compress
2. Hydrating Crème

Some of the information contained herein has been developed by one or more medical professionals expressing their professional opinions and/or recommendations and may not align with ZO<sup>®</sup>'s protocols, trainings and/or marketing claims, and have not been approved by the FDA. ZO<sup>®</sup> disclaims ownership of and does not accept responsibility for the opinions and recommendations of physicians contained herein. J.Mills | 2024

## SHOPPING LIST

# ULTRACLEAR LASER

CERAVE HYDRATING  
FACIAL CLEANSER



OR

VANICREAM GENTLE  
FACIAL CLEANSER



CERAVE HEALING  
OINTMENT



OR

VANIPLY HEALING  
OINTMENT



CERAVE  
MOISTURIZING CREAM



OR

VANICREAM  
MOISTURIZING CREAM



SALINE



AND

GAUZE



The Naderi Center  
Plastic Surgery & Dermatology

703-481-002

# ULTRACLEAR LASER

## POST PROCEDURE PROGRAM - OVER THE COUNTER PRODUCTS

### DAYS 1-3

#### MORNING – AM



1. Cleanse skin using CeraVe Hydrating Facial Cleanser or VANICREAM Gentle Facial Cleanser
2. Apply thick layer of Healing Ointment
3. Apply moisturizing cream using CeraVe Moisturizing Cream or VANICREAM Moisturizing Cream

#### MIDDAY

1. Cleanse skin using CeraVe Hydrating Facial Cleanser or VANICREAM Gentle Facial Cleanser
2. Apply thick layer of Healing Ointment
3. Apply moisturizing cream using CeraVe Moisturizing Cream or VANICREAM Moisturizing Cream

#### EVENING – PM



1. Cleanse skin using CeraVe Hydrating Facial Cleanser or VANICREAM Gentle Facial
2. Apply thick layer of Healing Ointment
3. Apply moisturizing cream using CeraVe Moisturizing Cream or VANICREAM Moisturizing Cream

**\*APPLY HEALING OINTMENT AS OFTEN AS NEEDED FOR DRYNESS\***

### DAYS 4 - UNTIL SKIN IS HEALED

#### MORNING – AM



1. Cleanse skin using CeraVe Hydrating Facial Cleanser or VANICREAM Gentle Facial Cleanser
2. Apply moisturizing cream using CeraVe Moisturizing Cream or VANICREAM Moisturizing Cream

#### MIDDAY

Apply Moisturizing Cream

#### EVENING – PM



1. Cleanse skin using CeraVe Hydrating Facial Cleanser or VANICREAM Gentle Facial Cleanser
2. Apply moisturizing cream using CeraVe Moisturizing Cream or VANICREAM Moisturizing Cream

**\*APPLY MOISTURIZING CREAM AS NEEDED FOR DRYNESS\***