



THE NADERI CENTER
PLASTIC SURGERY & DERMATOLOGY

UltraClear™ Cold Fiber Laser

Erbium Laser Resurfacing · Pre & Post Procedure Instructions

Having more than one treatment? Follow the more cautious instruction. Always follow The Naderi Center's instructions rather than advice from friends, family, or online research.

HAVING 3DMIRACL™ (3D MIRACLE)?

3D Miracle is a much lighter UltraClear treatment, with much less discomfort and downtime. The rest of these instructions still apply, with these differences:

- **Antiviral** only if you have a history of cold sores.
- **Valium and driving.** You typically do not need Valium, and you can usually drive yourself.
- **Day of treatment.** Leave your skin completely alone: no washing and no skincare products, except Alastin Regenerating Skin Nectar.
- **The next 3–4 days.** Use a gentle cleanser, then your Plated® Skin Science exosome product, then a gentle moisturizer. Keep the routine this minimal so your skin can heal. You do not need the ZO kit.
- **Back to your normal skincare** gradually, 5–7 days after treatment, depending on how your skin is healing.
- **Sun avoidance is the same: strictly for 3 months.**

WHAT YOU WILL NEED

- **Prescriptions.** An antiviral (such as Valtrex) for all patients, started 3 days before your treatment. Depending on the depth of treatment, some patients may also need pain medication or an oral sedative such as Valium; your provider will give you specific instructions. Pick up your prescriptions early and open the bag to make sure nothing is missing; if anything is, call us right away.
- **ZO Ablative Healing Post-Procedure Kit.** Purchase it before your treatment. It includes the astringent soaks and your recovery products; the full program is on the last page of this sheet.
- **Alastin Regenerating Skin Nectar.** Purchase it in time to start about 2 weeks before your treatment.
- **Gauze pads and sterile saline** for gently cleansing the face, and a small clean dish for the ZO soaks.
- **Large hat or sun visor.** Sun protection is an absolute must after laser; bring it the day of your treatment.
- **Headband or hair ties** to keep hair away from the treated areas.
- **Clean pillowcases,** but save your nice ones; topical products will stain them.
- **Sunscreen,** for once your skin has healed: a mineral sunscreen, SPF 50 or higher, such as Obagi Physical Defense, ZO Sheer Fluid, or Alastin SilkShield.

- **Arnica.** Start it after your treatment, not before, and take it as directed on the package.

2 WEEKS BEFORE

THE NADERI ANTI-BLEEDING, ANTI-BRUIISING DIET

Start 2 weeks before your treatment. What you eat and take makes a big difference in how much you bleed and bruise. Most people think, “I eat healthy, so I’m fine,” but healthy foods are often the ones that cause bleeding: **nuts, seeds, fish, fish oil, vitamin D, NSAID pain medications such as ibuprofen, and supplements, especially herbal supplements.** Many other ingredients in today’s foods, drinks, vitamins, and supplements do the same. **Scan the code for the full list.**



Full list

Fresh pineapple, including the center core, and pineapple juice are fine before and after, and they help. Start Arnica and bromelain supplements after your treatment, not before.

- **Alastin Regenerating Skin Nectar.** Purchase it and start using it about 2 weeks before your procedure. Preparing the skin this way supports better healing and faster results.
- **Medications to avoid.** Take only medications approved or prescribed by your doctors. For 2 weeks before, avoid aspirin, anti-inflammatories such as Advil, Motrin, and naproxen, and alcohol; use Tylenol instead. Check with your prescribing doctor before stopping any blood thinner.
- **No sun, tanning beds, or self-tanner.** If you are tanned or sunburned, the procedure may be canceled for your safety.
- **No nicotine.** Stop smoking, vaping, and other nicotine for at least 2 weeks before and after; it slows healing.
- **Accutane.** Tell us if you have taken Accutane (isotretinoin) in the past 6 months.

1 WEEK BEFORE

- **Hair removal.** Avoid electrolysis, waxing, and hair removal creams in the area to be resurfaced, to avoid irritation.
- **Skincare products.** Stop all retinoids (Retin-A, tretinoin, retinol, and others), alpha-hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid), benzoyl peroxide, and any similar exfoliating, drying, or irritating products. Your provider may recommend other products to prepare your skin.
- **Plan your ride and support.** Confirm who will take you home. If you are given Valium or prescription pain medication, have a responsible adult stay with you for the first 24 hours.

3 DAYS BEFORE

- **Start your antiviral** 3 days before your treatment, and take it as prescribed until finished.

THE DAY BEFORE

- **Bathing.** You can shower, but do not apply lotion, perfume, or hair products.
- **Rest.** Set up a comfortable recovery spot at home and get a good night's sleep.

DAY OF PROCEDURE

- **Dress comfortably.** Not your nice clothes: a loose, low-cut neck top that buttons or zips.
- **Wash your face** before treatment, and apply nothing afterward: no lotion, sunscreen, or makeup.
- **Glasses, not contact lenses.** Do not wear contact lenses; wear your glasses instead.
- **Medications.** If you were prescribed Valium or pain medication, bring it to our office. We will tell you when to take it.
- **Your ride.** A responsible adult must take you home. **You cannot leave alone in an Uber or taxi.** An Uber or taxi is fine only if a responsible adult rides with you.

DAY OF TREATMENT: DAY 0

- **Going home.** You will leave the office with a thick layer of ointment on your face. Leave the lasered skin alone, but add more healing or soothing ointment at night to any dry area if needed.
- **Pinpoint bleeding** may occur but should stop after the first 24 hours.
- **Oozing** is common and looks like yellowish drips. Blot gently with a soft tissue and reapply the ointment as needed.
- **Sleep** on your back with your upper body elevated about 30–40° (2–3 pillows), not on your side, for one week. Staying upright minimizes swelling and keeps the treated areas off the pillow.
- **Discomfort.** Burning, tightness, and soreness the first few days are normal. 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, which often already contains it. Do not exceed 4,000 mg of Tylenol in 24 hours. Take medication with food to reduce nausea.
- **If you take prescription pain medicine,** take your nausea medication if it makes you nauseated, and start MiraLAX or another over-the-counter laxative at the same time to prevent constipation.

DAYS 1–7 AFTER THE PROCEDURE

- **Arnica and bromelain.** Start Arnica and bromelain supplements after your treatment, not before. They help bruising and swelling fade faster.
- **Saline and gauze.** Saturate gauze pads with saline and gently wipe the lasered skin before the cleansing step of your recovery products.
- **Your ZO Ablative Healing Post-Procedure Kit.** Follow the ZO Skin Health post-procedure program that comes with your kit, including its astringent soaks. The full program and daily schedule are on the last page of this sheet.
- **Soothing Ointment.** From day 1, use the ZO Soothing Ointment only as the kit directs, in a very thin layer; too much can cause breakouts.
- **Showering.** You may shower with lukewarm water and wash your hair. You can let cool water hit your head and drip over your face, but keep hot water, soap, and shampoo off your healing face. Continue your ZO kit routine as soon as you get out.
- **Swelling** of the face and eyes is common. It typically starts to go down on the 4th day but can take 2–3 weeks to resolve.
- **Discoloration.** Expect light bleeding and discoloration. Skin can go from pink to red to brown, then peel. Most major discoloration should be gone in about 2–3 weeks; lingering pinkness can take a few more weeks to fade.
- **Itching and burning.** Itching is normal and can happen when the skin is too dry; apply more ZO Hydrating Crème. Itching can also be a sign of an allergic reaction or infection, so keep us posted with good photographs emailed to Surgery@NaderiCenter.com. Burning, heat, redness, warmth, and a sunburned feeling are normal and expected for the first 2–3 days.
- **Cool compresses** with a damp soft cloth for 10–20 minutes at a time can relieve discomfort. **Do not put ice or ice packs directly on your face.**
- **Eat and drink well.** Eat normally; enough protein supports healing. Drink plenty of water, and avoid alcohol while you are taking pain medication.
- **Hat and sunglasses.** Wear a clean, large-brimmed hat outdoors.

AFTER 1 WEEK OF RECOVERY

- **Makeup and sunscreen** can start once your skin has fully healed and stopped peeling, usually about 1 week, longer after deeper treatments; your provider will confirm. Until then, stay out of the sun entirely.
- **Your skincare plan.** Once your skin has healed, continue Alastin Regenerating Skin Nectar. Other products depend on your skin: **our providers will assess your skin and make recommendations.** Do not restart retinoids, acids, or exfoliants until your provider says it is safe.
- **A visible laser pattern.** You may notice the pattern of the laser on your skin, small squares or a stamped look, for several weeks and sometimes several months. This is normal and should fade with time. Stay out of the sun while it does.
- **Sun protection.** Strict sun avoidance for the first 3 months is crucial. Direct sun will burn the skin and cause hyperpigmentation. If you must go out, wear a wide-brimmed hat and sunglasses and stay in the shade. **Sun avoidance is your priority.**
- **Return to work.** Lighter treatments have 5–7 days of “social downtime,” but patients can often work as long as they are comfortable with how they look. Deeper treatments may need about 5–7 days off.
- **Driving.** Do not drive or make important decisions until you have been off prescription pain medication and Valium for 24 hours.
- **Exercise.** Light activity may resume 1 week after the procedure. Start easy and build back up; swelling may briefly worsen with exercise.
- **Heat.** Avoid saunas, hot showers, and hot tubs for 3 weeks. They can irritate the skin and delay healing.

If you are ever unsure, our team is always available. Take a few clear, well-lit photos and email them to Surgery@NaderiCenter.com. For anything more urgent, please call the office so we get your message quickly.

DO NOT

- No makeup, skin treatments, or shaving until you are cleared.
- Do not pick at any crust or scab that forms on the face. Picking can cause permanent scarring.
- Do not soak in baths, jacuzzis, or hot tubs until the skin has fully healed.
- Do not take aspirin or other blood thinners until your physician says it is safe.
- Do not expose your skin to the sun for 3 months. **Sunscreen is not a substitute for sun avoidance!**

CALL US RIGHT AWAY IF YOU HAVE

- Pustules or blisters
- A cold sore outbreak
- Pain or itching that suddenly gets worse after the first few days
- Darkening or lightening of the treated skin
- Lightheadedness that does not quickly pass, or severe vomiting
- Fever over 101°F
- Rapidly increasing or severe swelling
- Worsening pain not improving with medication
- Increasing redness, warmth, pus, or concerning drainage
- Rash, severe itching, or blisters (possible medication reaction)

CALL 911 IMMEDIATELY FOR

- Trouble breathing, or swelling of the lips, tongue, or throat
- Chest pain or a racing or irregular heartbeat
- Fainting or a seizure

REACH US

VIRGINIA 703.481.0002

MARYLAND 301.222.2020

EMAIL Surgery@NaderiCenter.com

WEB www.NaderiCenter.com

YOUR ZO® POST-PROCEDURE PROGRAM

These are the steps for your ZO Skin Health Ablative Healing Post-Procedure Kit. **What to expect:** swelling, darkening of the surface skin, a raw appearance, and oozing fluid. Your skin may start to peel by day 4 or soon after.

 1 Balancing Cleansing Emulsion MORNING AND EVENING Apply to dry skin and massage gently around the face and eyes. On contact with the skin's warmth, the gel begins to lift impurities. Add water to turn it into a milky emulsion, then rinse thoroughly.	 2 Astringent Soak Powder EVERY 2-3 HOURS Mix 1 packet into a 12 oz bottle of water each day and shake. Pour about 2 oz into a clean dish and soak a 4 x 4 gauze pad to make a compress. Lay it loosely on the treated skin for 15-30 minutes, or as your provider directs. Discard the gauze and leftover solution after each use.	 3 Soothing Ointment MORNING AND EVENING, DAYS 1-5 Apply 2 pumps in a very thin layer; too much can cause breakouts. A third application after the 2 PM compress is fine only if needed.	 4 Hydrating Crème AS OFTEN AS NEEDED Apply every 2 hours, and as often as needed through the day, to keep the skin hydrated and calm and to reduce itching.
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YOUR DAILY SCHEDULE

	DAYS 1-5	DAY 6 UNTIL YOUR SKIN HAS HEALED
8 AM	1. Balancing Cleansing Emulsion 2. Astringent soak compress 3. Soothing Ointment, 2 pumps (thin layer) 4. Hydrating Crème	1. Balancing Cleansing Emulsion 2. Astringent soak compress 3. Hydrating Crème
10 AM – 6 PM <i>repeat every 2 hours</i>	1. Astringent soak compress 2. Hydrating Crème	1. Astringent soak compress 2. Hydrating Crème
8 PM	1. Balancing Cleansing Emulsion 2. Astringent soak compress 3. Soothing Ointment, 2 pumps (thin layer) 4. Hydrating Crème	1. Balancing Cleansing Emulsion 2. Astringent soak compress 3. Hydrating Crème
10 PM	1. Astringent soak compress 2. Hydrating Crème	1. Astringent soak compress 2. Hydrating Crème

Program from ZO Skin Health's product instructions. If your provider gives you different instructions, follow your provider.