

Dr. Z Total Laser Resurfacing Pre & Post Treatment Instructions (CO2 or Erbium Laser)

Patient response can vary after a CO2 or Erbium laser. Laser Resurfacing is a peel whose precise depth has been determined based on your concerns and the condition of your skin. Typically, the depth of the peel is in the dermis (lower layer of your skin). Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of intensity and length of healing time will increase with the depth of your peel. Your physician has customized your treatment for your skin condition, so some areas may have more sensitivity.

Pre-Treatment Instructions:

- **7-28 days prior to treatment:**
 - Moisturize skin at least 2x a day (AM/PM)
 - Increase water intake to a minimum of 8 glasses of water (8 oz) per day. (More if the patient is chronically dehydrated)
 - Avoid prolonged sun exposure
 - Use a zinc oxide sunscreen of at least SPF 30+
 - Your procedure will be rescheduled if your skin is burned or otherwise compromised during this prep time
- **3-7 days prior to treatment:**
 - Stop any topical retinoid therapy (3-4 days prior to treatment)
 - If you have a history of herpetic outbreaks, begin taking an antiviral prophylaxis 3-7 days prior to your procedure. This can be called into your pharmacy by your provider.
 - Stay out of the sun

Post - Treatment Instructions:

- **Immediately post treatment:**
 - Apply cold compresses or chilled gel packs to the treated areas to help minimize excessive inflammation
 - Erythema (redness) can last from 8-12 days depending on how much energy was used during your treatment
 - Erythema can last longer with the more aggressive treatments
 - Apply a topical ointment such as Soothe and Protect by Alastin to the treated areas once the heat has dissipated from the treatment area.
 - Sleep with your head elevated
 - Swelling and a mild to moderate sunburn sensation are common post treatment and may last up to 10 days
 - Minimize exposure to pets, especially cats
 - DO NOT allow pets to lick the treatment areas
 - Limit alcohol consumption after your treatment as this could cause more bruising or other complications
- **2-7 days post treatment:**
 - AM
 - Wash the treatment area with a gentle cleanser such as ZO or Alastin Gentle Cleanser and blot dry.

- Apply customized post treatment products per your provider's instructions.
- PM
 - Wash the treatment area with a gentle cleanser such as ZO or Alastin Gentle Cleanser and blot dry.
 - Apply post treatment products per your provider's instructions.
- Avoid exercise or any excessive heat for 2 weeks post treatment
- Change your pillowcase every day for the first 7 days post treatment
- By day 4, you may apply mineral SPF powder makeup such as Alastin's Hydratint
- Avoid sun exposure (i.e.: protect with SPF by wearing large, brimmed hats, avoiding outside during peak heat hours)

Important Points to Acknowledge

- Redness normally persists for 8 – 12 days depending upon the depth of the peel.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first 2 nights after the treatment. Sleeping on your back with an elevated pillow will also help prevent the creation of prematurely peeling skin.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by over-the-counter oral pain relievers; i.e. Extra Strength Tylenol or prescribed pain medication if ordered by the doctor. Oral Benadryl may help itching but can be sedating.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 – 24 hours after the treatment.
- Oozing or seeping of clear serous fluid (light pink) or blood spots may occur if the peel is a deep one. This can last for 24-72 hours depending on the treatment depth. This is a process of the skin healing. Be careful not to rub or scrub the treated area too aggressively, but keep the skin protected with an occlusive barrier. (i.e.: Alastin Soothe and Protect Recovery Balm)
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply the occlusive barrier, taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Reapply the occlusive barrier as needed. Do not allow the treated area to dry out. Healing occurs more rapidly if the skin surface is kept moist and protected.
- Peeling and flaking generally occur within 72 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.

- Avoid direct sunlight for up to 2 months post treatment, unless protected by an SPF approved by your provider.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. If you are able to wear makeup, sunblock should be worn on a daily basis to help prevent any hyperpigmentation issues that could be caused by direct or indirect sunlight. Sun block should be used vigilantly for up to 3 months after the procedure.
- When showering, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.
- Avoid strenuous exercise and sweating until after skin has healed.

Warning

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme, unbearable itching

Signature: _____

Date: _____