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F A C I A L P L A S T I C S

## Erbium Laser Resurfacing Pre and Post Care Instructions:

### **PRIOR TO TREATMENT:**

- No sun exposure for a minimum of 2 weeks prior to your laser
- No real or fake tanner to the areas being treated for 2 weeks prior to your laser
- Stop Retinol 5 days prior to your treatment
- Stop any active skincare with ingredients like hydroquinone (lightening cream), AHA/BHA (alpha or beta hydroxy acids), salicylic acid, benzyl peroxide, chemical or manual exfoliants at least 3 days prior to your treatment
- Fill all prescriptions given to you by your provider and start them as directed

### **Supplies Needed:**

- Distilled White Vinegar
- Aquaphor and or Avene Cicalfate (available at office)
- Gentle Cetaphil Cleanser
- Physical Sunscreen (we recommend Revision Intellishade TruPhysical or SkinCeuticals Physical fusion)
- Gauze

### **GENERAL EXPECTATIONS:**

- Avoid direct sunlight and keep skin moist and cool to aid healing.
- Avoid environmental irritants during the healing process (e.g., dust, dirt, aerosols, cleaning agents).
- No hair coloring or nail salons for 6 weeks after procedure
- Avoid dryness and excessive heat (no high heat on blow dryer for 1 week).
- Avoid any vigorous exercising for 2 weeks.
- Stay hydrated, eat healthy foods low in salt, and avoid alcohol.
- Redness and a sunburn-type sensation will normally last several hours to a couple days.
- Neck redness is more persistent and will usually last several days longer than face redness.
- Face will normally bronze and peel within 3-5 days (Note: skin below neck normally requires up to 2 weeks to bronze and peel).

### **DAY OF TREATMENT: \* Take Zyrtec daily and Benadryl at night.**

- Keep treated areas covered with topical ointment/cream such as Aquaphor as instructed by physician.
- Apply cooling vinegar compresses with gauze several times a day (see instructions below).
- May take prescribed medicine per doctors instructions.

### **FIRST NIGHT:**

- Start vinegar soaks.
- Sleep with head slightly elevated.

- Keep your face moist with Aquaphor.

#### **DAY 1 (FIRST DAY AFTER TREATMENT):**

- Avoid direct sunlight and excessive heat. Must wear hat if leaving the house.
- Re-apply Aquaphor to treated area, skin needs to remain constantly moist and vinegar soaks throughout the day.
- Vinegar soaks 4-8 times daily.
- May take shower and wash hair. Avoid hot water.

#### **DAY 2:**

- Swelling should subside and skin may bronze and feel gritty.
- Itching (particularly along the jaw line) tends to begin on this day.
- Continue applying ointment/cream (and cool vinegar compresses).
- AVOID picking and/or scratching.
- May take Benadryl or Zyrtec for itching.
- Wear a hat when leaving the house

#### **DAY 3-7:**

- Begin washing your face 1-2 times a day with room temperature water and Cetaphil or mild cleanser.
- Itching has usually subsided.
- Use non-irritating sun block SPF 30+ with zinc oxide (7-9%) and/or titanium dioxide when going outside. (Revision Intellishade TruPhysical or SkinCeutical Physical Fusion is available at our office). Must wear hat if leaving the house.
- Continue vinegar soaks.

#### **DAY 7-10:**

- Skin will feel dry but should be returning to normal
- Continue with appropriate moisturizer until skin has hydrated back to its normal level (3-4 weeks). We recommend Epidermal Repair by SkinCeuticals and Avene Cicalfate which are available at our office
- Continue applying non-irritating sunblock (SPF 30+) and use mineral makeup (powder) to protect treated areas (do not use liquid foundation as it may clog pores and irritate new skin). A physician will let you know when you may start makeup. Continue to wear a hat when leaving the house

#### **Day 10-28:**

- You may start your regular skin care program if the treated area is healed (no exfoliation). \* Check with MD before starting your retinol- usually 4-6 weeks after laser.
- Avoid exposure to excessive sun for up to 4 weeks (sunscreen, hat or clothing must be used to protect treated areas).
- You may return to exercise programs.

**Question? Please call our office or you can email your aesthetician directly:**

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## Post Laser Vinegar Soak Instructions:

- ❖ Soak the treated skin with a plain white vinegar solution **4 to 8 times each day**.
- ❖ *You can't soak too much! Soaking reduces redness and speeds healing!*
- ❖ **Do not pick, rub, scrub or irritate your skin while it is healing.**

### **How to Soak:**

- Dip a clean, soft washcloth or gauze into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution wets the skin. Rinse and repeat for 10 to 15 minutes.
- Most of the Aquaphor should come off during the soak but **DO NOT RUB OFF!**

### **Solution:**

- Mix 2 tsp vinegar to 2 cups of water.
- Solution may be mixed up ahead of time and stored in the refrigerator.
- Apply a layer of Aquaphor ointment to the treated area immediately after soaking. If the skin gets dry or scabbed, you need to soak more often.