



SKIN RESURFACING PRE-TREATMENT INSTRUCTIONS

BEFORE THE TREATMENT:

- Discuss and disclose any healing disorders such as caused by diabetes mellitus, connective tissue disease or radiation/ chemotherapy.
- Discuss and disclose if there is an active infection or history of herpes simplex of the lips, mouth or face.
- Do not proceed with the Erbium Yag treatment if the patient is pregnant or breast feeding.
- Discuss and disclose allergies to topical anesthetics, antibiotics, or other medications.
- Do not proceed with the treatment if Isotretinoin (Accutane) has been used within the past 12.
- Discuss the history of any hypertrophic scarring or keloid formations or other skin diseases.

BEFORE FOLLOW-UP TREATMENTS:

- Disclose any new medications you may begin using during your treatment program.
- Treatments cannot be performed on areas with a suntan or sunburn. Avoid direct exposure to the sun, tanning beds 4 weeks prior to treatment. A broad-spectrum sunscreen of SPF 30 or higher should be applied to any treatment area exposed to the sun.

SKIN RESURFACING POST TREATMENT INSTRUCTIONS

EXPECATIONS FOLLOWING TREATMENT:

Mild erythema (redness) will be present in the treatment area and can last from a few hours up to a few days. Treatment areas almost always become erythematous. Immediately following the procedure, patients will experience a mild sunburn sensation that may include some mild discomfort. Most patients do not feel any significant discomfort, however, an ice pack (not direct ice) maybe applied to help soothe areas with discomfort. A cooling lotion or soothing gel may be used after Erbium Yag treatments.

- It is important to protect your skin from environmental elements; therefore, a lotion with a SPF protection of at least 30 should be used daily.
- A few days post procedure, patients will experience mild peeling of the skin. The peeling is similar to the effects of sunburn. Continue to follow the skin care regimen offered by your physician. Do not pick at the peeling skin, as it may lead to scarring.

GENERAL SKINCARE:

- Proper skin care is important to protect the new refreshed skin. Your physician will discuss a proper skincare regimen following your Erbium Yag treatment.
- Clean the treated area daily with a mild cleanser. Apply a thin layer of mild moisturizer to the area several times a day until evidence of dryness, blistering or swelling has dissipated.
- Shower as usual but be aware that the treated area may be a little temperature sensitive.
- Avoid chlorine, hot tubs and swimming pools during the treatment program.
- Avoid direct contact in the sun during your treatment program. Always use a topical sun protection of SPF 30.
- Avoid the use of exfoliants, loofah sponges and aggressive scrubbing to the treated areas.

PRECAUTIONS:

- Avoid exposure to the sun and tanning beds for 30 days prior to the treatment.
- Do not rub, scratch or pick at the treated area. Treat the area gently. Pat skin dry after bathing or showering. An antibiotic ointment such as Bacitracin may be applied. Neosporin and Polysporin are not recommended.
- Makeup may be applied over the treated area 4-7 days after the treatment
- Avoid shaving the treated area for 48-hours after the procedure.
- If patients have any questions, please call our office.