

**GENERAL INFORMATION:**

- The first 1-2 days the skin will be red and swollen, and for most patients the skin will be bloody and scabby immediately post treatment and can continue lightly bleeding for 24-48 hours post treatment.
- The undereye area can be especially swollen - cold compresses (ice packs wrapped in gauze or towel) with firm pressure can help, and sleeping elevated.
- The skin will be tender to touch and any product you put on will likely reactivate the initial burning sensation.
- No vigorous exercising for the first 5 days post treatment
- Stop retinols for the duration of the treatment as well as 1 week prior.
  - You can reintroduce retinols 10 days after laser treatment
- To help with swelling, we recommend sleeping upright and using cold compresses.

**LASER RECOVERY INFORMATION:**

<b>DAY OF PROCEDURE:</b>	<ul style="list-style-type: none"> <li>• The skin will be red, swollen, bloody, oozing, and sore. You can blot the blood with a clean towel and use cold compresses (do not put ice directly on skin); fans will also help cool the skin.</li> <li>• Throughout the day, you can apply the priming oil, renewal calming cream, vaseline, and desonide about 2-3 times (or more if you are feeling dry)</li> <li>• For most patients, the bleeding subsides after the first day or within 48 hours. Do not wash the face the first evening.</li> <li>• To reduce discomfort and reduce the heat, you can do saline soaks at home: soak gauze in saline or sterile water and apply to the area that was treated. Keep the gauze on skin which will allow the skin to cool down for 5-10 minutes. Apply an oil, vaseline, and desonide afterward.</li> <li>• Please take Valtrex if you have a history of cold sore (will be prescribed to your pharmacy)</li> </ul>
<b>POST-LASER DAY 1:</b>	<ul style="list-style-type: none"> <li>• The morning after the procedure the skin will likely be more swollen and tender. There will still be some bloody spots and scabs.</li> <li>• Gently wash the face in the morning with the milky lotion cleanser in the kit. After washing gently, apply the priming oil, renewal calming cream, vaseline, and desonide (Please note, the initial burning sensation may be reactivated after applying any of the products).</li> <li>• You should avoid sun exposure for 10-14 days post-treatment, but if you must go out, full face mineral SPF (physical blocker, such as Epionce SPF) should be applied.</li> <li>• Throughout the day, you can reapply the oil, renewal calming cream and Vaseline as needed. Keeping skin moist prevents itching and irritation.</li> <li>• Wash the face in the evening with the cleanser from the kit and apply the priming oil, renewal calming cream, vaseline and desonide.</li> </ul>

**LASER RECOVERY INFORMATION CONTINUED:**

<p><b>POST-LASER DAYS 2-5:</b></p>	<ul style="list-style-type: none"> <li>• The skin will continue to be red, irritated, and possibly swollen. The bloody spots and scabs should be resolved by day 4-5.</li> <li>• Continue to wash morning and evening and use the priming oil, renewal calming cream, and vaseline from the kit. The skin will start to feel very dry and possibly itchy.             <ul style="list-style-type: none"> <li>◦ You can use desonide if needed for the itchiness, but <b>please discontinue on post-laser day 4.</b></li> </ul> </li> <li>• You should avoid sun exposure for 10-14 days post-treatment, but if you must go out, full face mineral SPF (physical blocker, such as Epionce SPF) should be applied.</li> <li>• You can incorporate vinegar soaks to calm inflammation and reduce discomfort. This can be done 3-5 times a day. Use a gentle cleanser, vinegar soak, followed by the priming oil, renewal calming cream, vaseline and desonide.             <ul style="list-style-type: none"> <li>◦ Vinegar Soaks: Mix 1 tsp of white distilled vinegar with 16 oz. of bottled or sterile water. Remove any products on face prior to vinegar soaks with cool moist cloth, post soak, reapply moisturizing ointment. Repeat as needed.</li> </ul> </li> <li>• Avoid picking, scrubbing, or rubbing the skin.</li> </ul>
<p><b>POST-LASER DAYS 5 &amp; AFTER:</b></p>	<ul style="list-style-type: none"> <li>• For the deeper settings, the skin will continue to remodel, feel dry, and can have a coffee ground texture lasting for 7-10 days.             <ul style="list-style-type: none"> <li>◦ Avoid picking, scrubbing or rubbing the skin.</li> </ul> </li> <li>• Continue to cleanse with the cleanser twice daily and liberally apply the priming oil, renewal calming cream and a physical blocking, mineral SPF (e.g. Epionce Daily Shield SPF).</li> <li>• You can start wearing makeup on post laser day 5.</li> </ul>

**WHEN TO CALL THE CLINIC:**

- If you feel your skin is incredibly itchy and you have applied desonide without improvement. If your skin is forming pus, yellowish crust, or oozing more than 2 days, or you feel that you have a fever or other systemic symptoms.
- If your skin is painful after the first 2-3 days of recovery.
- If you are experiencing significant swelling.

**\*\*AVOID ALL OTHER PRODUCTS OTHER THAN WHAT WAS SUPPLIED IN THE KIT, DESONIDE, SALINE & VINEGAR SOAKS, VASELINE, AND A MINERAL-BASED SUNSCREEN\*\***