

GENERAL INFORMATION:

- The first 1-2 days the skin will be red, swollen, and for most patients the skin will be bloody immediately post treatment and can continue lightly bleeding for 24-48 hours post treatment. You may also experience some yellowish/clear fluid oozing.
- 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 3-5 days post treatment
- Stop retinols for the duration of the treatment.
 - You can reintroduce retinols 10 days after laser treatment

LASER RECOVERY INFORMATION:

DAY OF PROCEDURE:	<ul style="list-style-type: none"> • The skin will be red, swollen, bloody, oozing, and sore. You can blot the blood with a clean towel/gauze and use cold compresses (do not put ice directly on skin) and fans will also help cool the skin. • For most patients, the bleeding subsides after the first day or within 48 hours. Do not wash the face the first evening.
POST-LASER DAY 1*:	<ul style="list-style-type: none"> • The morning after the procedure the skin will be more swollen and tender. There will still be some bloody spots and scabs/crusting. • Gently wash the face in the morning with a gentle cleanser. After washing gently, apply the biogel and desonide from the kit (Please note, the initial burning sensation may be reactivated after applying any of the products). • You should avoid sun exposure for 10-14 days post treatment, but if you must go out, full face SPF (physical blocker) should be applied. • Throughout the day, you can reapply the biogel and Vaseline as needed. Keeping skin moist prevents itching and irritation. • Wash the face in the evening with a gentle cleanser and apply the biogel, vaseline and desonide

LASER RECOVERY INFORMATION CONTINUED:

<p>POST-LASER DAYS 2-5:</p>	<ul style="list-style-type: none"> • The skin will continue to be red, irritated, and possibly swollen. The bloody spots and scabs should be resolved by day 2-3. • Continue to wash morning and evening and use the biogel, vaseline and desonide from the kit. The skin will start to feel very dry and possibly itchy. • You will want to use the desonide for the first 3 days, up to 5 days if you are itchy, very red and swollen. • Avoid picking, scrubbing, or rubbing the skin • Skin will start to peel/slough off around day 4-5
<p>POST-LASER DAYS 5** & AFTER:</p> <p>**You can wear makeup starting on post laser day 5.</p>	<ul style="list-style-type: none"> • For the deeper settings, the skin will continue to remodel, feel dry, and can have a coffee ground texture lasting for 7-10 days. • Continue to cleanse with a gentle cleanser twice daily and liberally apply the biogel, vaseline and a physical blocking/mineral SPF (e.g. Epionce SPF). • You can stop the biogel day 5-7 once all of the peeling/sloughing is complete. <ul style="list-style-type: none"> ◦ At this time, you can switch to a bland moisturizer like Vanicream or CeraVe.

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.

****AVOID ALL OTHER PRODUCTS OTHER THAN WHAT WAS SUPPLIED IN THE KIT, VASELINE, AND A MINERAL-BASED SUNSCREEN****

PLEASE MAKE SURE TO USE A MINERAL SUNSCREEN DAILY!

***If you purchased the exosomes tier 1 add-on, please apply the Plated Intense Serum first thing after washing your face morning and night starting post-laser day 1.**