

## LASER RESURFACING

### PREPARATION:

- Avoid chemical peels, laser treatments, or other invasive procedures to the treatment area for 4 weeks prior
- Avoid sun exposure & sunless tanner to the treatment area for 2 weeks prior to treatment.
- Avoid the use of Retin-A/retinols and other irritating skincare products (glycolic acid, salicylic acid, vitamin C serum) to the treatment area for 7 days prior
- Prepare for 3-10 days of visible downtime- redness, swelling, a grid-like appearance, darkened pigment, rough/sand-paper texture.
- Notify us if you have recently taken light sensitizing medications, such as doxycycline, tetracycline and accutane
- Take 1 Zyrtec/Allegra/Claritin (morning) and 2 Pepcid/Tagamet (one morning and one night) starting 48 hours prior to treatment. This can help reduce swelling.
- Take prophylactic antibiotics (azithromycin or doxycycline) and antivirals (valacyclovir) as directed
- Drink plenty of water before treatment and during recovery, as this can improve results and help with recovery.

### LIST OF ITEMS TO PURCHASE:

- Cetaphil or CeraVe gentle face wash
- CeraVe or Cetaphil moisturizing cream
- SPF 50+ mineral-based sunblock
- Histamine 1 (Zyrtec/Cetirizine, Allegra/Fexofenadine, Claritin/Loratidine) and Histamine 2 blockers (Pepcid/Famotidine, Tagamet/Cimetidine)

### ITEMS TO BE PROVIDED TO YOU BY CASSIE LANE:

Square gauze for vinegar soaks	Aquaphor	Acetaminophen x2
Spray bottle with vinegar solution	Lorenol post treatment balm	Hydrocortisone 1% Packets

### THINGS TO AVOID AFTER TREATMENT

- Exercise & strenuous activity - 72 hours
- Hot environments- saunas, hot showers, hot tubs, steam room - 72 hours
- Sun- wear a protective hat and SPF 50+ for a minimum of 4 weeks
- Treated skin touching any dirty environment- think tough mudder races, pond swimming, bathtub water-2 weeks
- Retinol, glycolic acid, salicylic acid, vitamin C, benzoyl peroxide- 2 weeks
- Chemical peels, microdermabrasion, other invasive skin treatments- 3 months

**PRO TIPS**

- Apply cleanser and aftercare products to the face by patting, instead of rubbing, as rubbing can cause discomfort.
- Apply mineral based sunblock any time you are leaving the house and will be exposed to sun. Apply by blotting.
- Vinegar solution- You may soak the provided gauze in this solution and apply the gauze to the treatment area or you can spray the solution directly on the skin. Be sure you blot your eyes with a dry cloth before you open them, if you choose to spray it directly on the face, as the vinegar can cause stinging and irritation of the eyes. Leave the solution on the face for a minimum of 10 minutes. If you are creating your own solution at home- 2 tablespoons of white vinegar to 1 cup of cool to room temperature water. This is an important step to reduce the chances of infection, as vinegar has antimicrobial properties, as well as helps to dissolve some of the ablated skin that needs to exfoliate.
- Do your best to sleep on your back, so as to avoid the treatment area rubbing on your pillow throughout the night, and causing inflammation

Day 1 (day of treatment)	Days 2-3	Days 4-7	Days 7-14
Immediately after treatment- Cold compress once per hour for 3-4 hours.	Cold compresses as needed to aid in reduction of swelling	Cold compresses as needed to aid in reduction of swelling	
No need to cleanse the treatment area on the day of treatment. You may begin washing with a gentle cleanser twice daily (morning and night), the morning after treatment (day 2). Be sure you do this with cool water	Cleanse with a gentle cleanser once or twice daily. We advise patting this onto the skin and splash cleanser off of skin with room temperature or cool water.	Cleanse with a gentle cleanser once or twice daily. We advise patting this onto the skin and splash cleanser off of skin with room temperature or cool water.	Cleanse with a gentle cleanser once or twice daily. We advise patting this onto the skin and splash cleanser off of skin with room temperature or cool water.
You may apply Lorenol post treatment balm to the treatment areas as often as you like. Aquaphor can trap heat in the early hours after treatment, so we will avoid this product until the morning of day 2.	Apply Aquaphor around the clock. When you feel the last layer of Aquaphor has dried out, apply the vinegar rinse to the skin and leave on for a minimum of 10 minutes before you rinse it off. Apply another layer of Aquaphor after finishing the vinegar rinse and repeat this process at least morning, afternoon and night.	You may begin alternating between Aquaphor and Lorenol post treatment balm. You can also begin wearing mineral based makeup or tinted sunblock, if necessary. Continue with vinegar rinses at least three times daily.	It is acceptable to switch to an alternative gentle moisturizing cream, like CeraVe or Cetaphil. Continue to use Lorenol post treatment balm until the product is completely gone.
Take 1 cetirizine (every 24 hours) and 2 famotidine tablet (every 12 hours). These are to help reduce swelling.  You may take Tylenol as needed for discomfort.	Take 1 cetirizine (every 24 hours) and 2 famotidine tablet (every 12 hours). These are to help reduce swelling.  You may take Tylenol as needed for discomfort.	You may take Tylenol as needed for discomfort.	You may take Tylenol as needed for discomfort.