



SWR 2940 Ablative Laser Pre-Post Guidelines

PRIOR TO YOUR APPOINTMENT YOU MUST HAVE TOPICAL ANESTHETIC AND HAVE STARTED VALACYCLOVIR 2 DAYS PRIOR TO YOUR APPOINTMENT (if treatment area is around your mouth). If you do not have these items, call the office immediately at 503-964-5334.

You should be 4 weeks without any sun exposure (either before or after treatment) including visiting a sunny locale. Even if you wear sunscreen daily, if you have been in the sun you will have unpredictable results and we will not treat you. We do not do any heat procedures during the warmer, sunnier weather.

PRE-TREATMENT GUIDELINES

- **DO NOT** undergo this procedure if you have been treated with Accutane (isotretinoin) within the last 3 months.
- **DO NOT** use exfoliants such as retinol, all topical acne treatments, glycolic acid, salicylic acid, benzo peroxide, and hydroquinone for 1 week prior.
- **DO NOT** wear makeup, mascara or eyeliner.
- Do shave any hair in the area to be treated. For men, this may mean shaving twice.
- Do avoid tanning or tanning bed use before the laser procedure for 6 weeks before laser treatment. Please avoid direct sun exposure and tanning all together for ultimate skin health.
- Do come in at least 3 days early for numbing cream and prescription pickup.
- Do arrange for someone to drive you to and from the appointment.

POST TREATMENT GUIDELINES

- Do use ice packs to reduce swelling as needed in the first 24 hours.
- After 24 hours, start antibiotic ointment or cream see below.
- Do expect oozing and crusting of the skin for 4-7 days. Redness may last 2-3 weeks.
- Do apply healing cream (i.e. Restorative Ointment, Aquaphor, or other healing cream recommended) aloe vera gel three times a day for 1 week.
- Do use Hydrocortisone cream 4% if a darker skin type (can be purchased at Walgreens)
- Do use Vinegar and Water solution soaks to reduce stinging, itching, and crusting. Vinegar and Water soaks are made by soaking multiple washcloths or gauze in 1 tablespoon of White Vinegar to 2 cups of Distilled Water. Apply soaks to face 3-5x/day.
- Do shower as usual, using a gentle cleanser (cream cleanser) on the face.
- Do avoid sun exposure for 2 weeks after treatment. Wear a broad-rim hat and sunglasses. Apply SPF 50 with at least 4% zinc oxide.
- Do take Tylenol or Ibuprofen or Aleve as needed for pain.
- Do use sunscreen once the skin is completely healed, about 7 days after procedure.
- **DO NOT** undergo or use exfoliants, scrubbing, microdermabrasion, chemical peels, facials, shaving, and waxing for 2-4 weeks after the procedure.
- **DO NOT** use makeup until the skin is healed (approximately 1 week).

Additional Post Care Instructions:

The treated area is extremely delicate and must be handled with care during the initial healing phase (7-10 days) . It may take a few weeks after bruising or scabs to disappear for you to notice fading of your lesions. Your response to treatment, therefore, will not be evaluated for 2 weeks, when the healing process is complete.

1. Apply Bacitracin or Polysporin ointment (not Neosporin) or Aquaphor after 24 hours. It is normal for the treated area to feel like sunburn for a few hours. You should use a cold compress wrapped in a soft cloth if needed. For 10-15 minutes each hour for 4 hours. Avoid any trauma to the skin. Showers are permitted, but prolonged bathing is not advised. Gently pat dry with a soft cloth. Do not rub with a towel or washcloth because the area is extremely delicate while healing. Avoid strenuous exercise, or massage.
2. Avoid picking or ?pop? any blisters, on the treated skin to achieve your best results. If any crusting, apply antibiotic cream and 100% Aloe Vera Gel (no alcohol) is recommended. Darker pigmented people may have more discomfort than lighter skin people and may require the aloe vera gel or an antibiotic ointment longer. Follow instructions as specified by your laser professional.
3. Mineral Powder Makeup may be used 24 hours after the treatment after you quit swelling and unless there is epidermal bleeding. It is recommended to not use liquid foundation makeup to reduce the possibility of infection and breakouts. Keep the area moist. Any moisturizer without alpha-hydroxy acids will work.
4. **DO NOT** tan our receive direct sun exposure the laser-treated area in the future
5. You will experience redness and bruising from five to fourteen days at the treatment. Avoid direct sun exposure and tanning beds for 1-2 months and throughout the course of the treatment so as to reduce the chance of dark or light spots. Use sunscreen SPF 50 at all times throughout the treatment when going outside. *reapply every 2 hours when outside.

6. Avoid tweezing, waxing, bleaching or chemical peels during the course of the treatment. Do not use any irritants such as Retinoids, Benzoyl Peroxide or astringents/ acids for 2 weeks after treatment.