



# REVIVAL DERMATOLOGY

## Post Procedure Instructions

### ERBIUM LASER RESURFACING MicroLaser Peel/Profractional/TRL Contour

#### INSTRUCTIONS PRIOR TO YOUR ERBIUM LASER TREATMENT:

- ABSOLUTELY avoid any type of sunburn or suntan for 4 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.
- Do not use any self-tanning lotions in the month prior to treatment.
- Stop using retinoids (AlphaRet, Rx) for one week prior to treatment.
- You may need to use Rx Hydroquinone Cream for 4 weeks prior to a treatment to reduce the possibility of hyperpigmentation if you have a skin type that hyperpigments easily.
- These medications will be sent to your pharmacy, so please have them on hand the day before your appointment:
  - Valtrex 500mg, 1 tablet twice a day for 10 days starting on the day before the laser treatment
  - Mupirocin ointment—You will apply this to the treated area after each vinegar soak x 3 days
  - Doxycycline 100mg twice daily starting on the day before the laser treatment x 10 Days
- *Shopping List:* You will need to use Aquaphor or Cerave Healing Ointment for up to 10 days following the procedure. You need to go to the store and get a large tube or jar before your appointment. You will also need distilled white vinegar and gauze for vinegar soaks. If you are wearing a mask during your healing stage, also buy nonadherent wound pads like telfa to protect your skin from the mask. Also buy a 1 Liter bottle of water for your vinegar soaks.
- You need to arrive at our office 1 hour prior to the treatment in order for a topical anesthetic cream to be applied. You will be offered Pro-Nox during your appointment for increased comfort, and local numbing injections may also be done prior to your treatment. If you would like an anxiety medication prescribed to you (which will require you having a driver), please let us know a few days beforehand and you will take it when you arrive to the office.

#### IMMEDIATELY AFTER YOUR LASER TREATMENT:

- Intense burning, redness, warmth, and a sunburned sensation are normal responses following erbium laser resurfacing. This initial sunburn sensation generally lasts 2-8 hours after the procedure. Cool compresses with a damp, soft cloth or soft gel ice pack for 10-15 minutes at a time every 1-2 hours may help relieve the temporary discomfort. Tylenol can be taken as directed for pain. Use a towel or old t-shirt to cover your pillow on the first night. Sleeping with your head elevated can decrease swelling.





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- Perform vinegar soaks every 3-4 hours for the first 3 days. Put 1 teaspoon of distilled white vinegar in the 1 Liter bottle of water you purchased. Keep this in the refrigerator between soaks. Apply a clean soaked gauze soaked in the vinegar solution to the treated area for 10-15 minutes, then pat dry and apply a thin layer of mupirocin ointment. KEEP IT MOIST!

### FIRST WEEK OF HEALING:

- After the first 3 days, you may use a gentle cleanser followed by Aquaphor or Cerave Healing Ointment to be applied constantly during the wound healing phase. It is important for the treated area to remain soft and pliable during healing. The skin should not be allowed to dry out. KEEP IT MOIST!
- When the skin has healed (7-10 days), you may use a gentle cleanser followed by Cerave cream and sunscreen.
- The day after the procedure, your skin may feel tight, swollen, or itchy. Oozing can occur in isolated areas for a few days. Swelling can be significant and cause some discomfort. Some patients will wake up with facial swelling, particularly around the eyes for several days following the treatment. This is normal and usually resolves within 3-5 days.
- Quick cool to warm showers are recommended for the first 3 days.
- Aerobic exercise, saunas, and hot tubs should be avoided for 7 days.
- Avoid use of topical skin care products containing retin-A, retinol, glycolic acid, or salicylic acid for 1 week.
- Makeup can be used 2 weeks after the procedure.
- DO NOT be alarmed if tiny grid patterns remain throughout the treated area (if you had profractional laser treatment). This should fade within 2-3 weeks. Skin should start sloughing off 5-7 days after the treatment. Most patients complete this process 7-10 days after treatment on the face, but if treated on the body it can take longer. Once sloughing is complete, you may notice some pink/redness for several weeks (up to 8 weeks). Makeup may be applied to minimize redness.
- Some patients may also experience itching or temporary acne breakouts.
- PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT. A broad-spectrum SPF 30+ sunscreen containing zinc oxide or titanium dioxide such as EltaMD UV Elements or UV Restore should be applied daily. Wear hats and sunglasses. Diligent sun protection may lower the risk of laser-induced hyperpigmentation.
- The Erbium laser stimulates collagen remodeling in the skin that occurs over a 6 month time period, so although you may notice improvement in the treated area in the first few weeks, the end results won't be appreciated until 6 months after your treatment.

