

## Laser Resurfacing Instructions

Procedure Date/Time: \_\_\_\_\_

### Pre-Mixto Instructions:

**Thank you** for choosing YOLO as your optimal-aging provider. Please review the following instructions prior to your scheduled treatment. Arrive 15 minutes before your scheduled appointment and park in the rear of the building if you want to exit through our private door.

Prior to your procedure, call your physician if:

- You have a history of cold sores - obtain a prescription for an anti-viral and begin taking one day prior to your procedure.
- You have acne - obtain a prescription for an antibiotic such as Keflex.
- You desire to take an oral sedative during your procedure - obtain a prescription for Xanax or Ativan and bring this with you to your appointment.

A topical anesthetic is available for purchase at YOLO for \$42.50.

### Anytime Prior to Procedure:

At any point prior to your treatment we suggest you purchase the following items:

White Vinegar  
2 Bags of Frozen Peas or Corn  
Clean, Soft Washcloths  
Thermometer  
Acetaminophen  
Cetaphil  
Aquaphor (or generic equivalent available at any drugstore)  
New Makeup Sponges or Brushes  
Brush Wash

### Two Weeks Prior to Procedure:

Begin your lightening regime if prescribed.

### One Week Prior to Procedure:

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We recommend one week prior to the procedure that patients purchase Arnica and Bromeline with Quercetin supplements to assist with the healing process after the procedure. Both supplements are available for purchase at Yolo or at your local health food store.

**Discontinue Agents that cause Bruising or Bleeding.**

**Note:** Please consult with your Physician to determine if these are medically necessary.

- ✓ **Vitamin E**
- ✓ **Fish Oil**
- ✓ **Garlic Supplements**
- ✓ **Pepto-Bismol**
- ✓ **Cholesterol Medications**
- ✓ **Gingko Biloba**
- ✓ **Oil of Evening Primrose**
- ✓ **Alka-Seltzer Products**

Plus any over-the-counter medications that contain non-steroidal anti-inflammatories such as:

- ✓ **Aspirin** (Bayer, St. Joseph, Bufferin)
- ✓ **Ibuprophen** (Advil, Motrin, Nuprin)
- ✓ **Naproxen** (Aleve)
- ✓ **Acetaminophen/Aspirin/Caffeine** (Excedrin)

To view a more complete list you can visit our website at [www.yolomedspa.com](http://www.yolomedspa.com)

**Three Days Prior to Procedure:**

**No Alcoholic Beverages starting 3 days prior to laser therapy.** Alcohol dilates blood vessels and leads to post-operative bleeding. Besides reducing the effectiveness of certain pain relievers, it can also increase the risk and degree of the side effects associated with those pain relievers. Recent research seems to indicate that drinking can reduce the efficiency of the immune system for a time. In short, alcohol increases the risks of complications and slows down the recovery process.

**Begin taking Arnica and Bromeline with Quercetin** (optional).

**Day of Procedure:**

**Apply Your Topical Anesthetic** one hour prior to arrival to the area(s) being treated. Bring the remainder of the tube with you.

**Wear Loose Fitting Clothing** – Items that button or zip up the front are preferable to tops that have to be pulled up over the face and head.

**Arrive Clean Shaven** – Male patients should arrive clean shaven if treatment is to take place on the face.

**No Makeup** – Female clients should arrive at the office with the area of skin intended for treatment free from any:

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- ✓ Makeup
- ✓ Cosmetics
- ✓ Lotions
- ✓ Any other Skin Preparations (except SUNBLOCK if applicable)
- ✓ Creams
- ✓ Perfumes
- ✓ Powders

**No Hairspray** – Hairspray is flammable!

**No Earrings or Jewelry.**

**Bring your Prescription Sedative if prescribed to the appointment.**

### **Post Procedure Instructions:**

***During your healing process you need to be very careful to prevent infection. Wash your hands with antibacterial soap prior to applying any product to your face. Do not rub or pick at your face. Do not use any products other than the products supplied to you.***

**Note:** Failure to precisely follow prescribed post-op care instructions can lead to complications and scarring.

**Burning Phase** – Immediately post-op and up to 3 hours after treatment, the treated area will have a slight burning sensation similar to sunburn. You may apply bags of frozen peas or corn wrapped in a towel to your face in 15-minute intervals.

**Note:** Never put ice directly on the treated skin for more than a few minutes unless the ice is wrapped in some sort of protective covering (such as a towel) as this can cause frost bite!

**Re-Apply Aquaphor/ Elta MD Post Laser Ointment** every 3-4 hours for 24 hours.

**Pain** – Other than a mild burning sensation for the first few hours, most patients experience no other pain. For mild pain, you can take acetaminophen (Tylenol or equivalent) for discomfort. Do not take aspirin or aspirin related drugs during the healing period.

**Note:** Intense pain may be a sign of infection. In such cases you should seek immediate medical attention by calling your Physician, or if after hours go to the Emergency room. Please notify us immediately as well.

**Elevate Your Head** – When sleeping the first night after treatment, elevate the head or other treated area, using 2-3 pillows to reduce swelling. Use an old pillowcase or towel on your pillow so as to not soil your linens.

**Bathe/Shower** – You can shower or bathe at any point in time post-treatment, although it's better to wait until the next day. If a bath or shower is taken within the first 24 hours, avoid using hot water. Preferably take short, warm showers or baths. (Cold showers may be soothing and help remove heat). If you take a shower, avoid running hot water directly on the treated area. After bathing, gently pat dry the treated area with a soft cloth. Never wipe hard with a towel. Wash your hair with baby shampoo (or other non-irritating shampoo) until completely healed.

**No Hot Tubes, Jacuzzis, or Swimming Pools** (with chemicals/chlorine) until redness is completely gone.

**No Strenuous Exercise** – Do not participate in any strenuous exercise (such as bending, squatting, straining, or heavy lifting) until all redness has completely resolved. Avoid activities that cause excessive perspiration. No contact sports.

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**Minimize Facial Expressions** – If the skin around the mouth is tight, minimize facial expressions until healed.

**No Alcoholic Beverages** – Patients should avoid alcohol for 24 to 48 hours post-op, or until redness is gone.

**Recovery Process** – The recovery process will vary from patient to patient and on the level of treatment performed. On average, expect 5-7 days on the face, and 7-10 days off the face (e.g., neck, décolletage, dorsum of the hands, arms, etc.)

## **24 Hours Post-Procedure:**

**Re-Epithelialization/Crusting Phase** (24-48 hours post procedure) – Your skin will appear uneven, red, and/or mixed with brown, or carmel colored. This is usually when you look the worst.

**Start Vinegar Soaks** 24 hours after procedure until all crusting has peeled off and your skin has re-epithelialized. (When your skin is pink and intact it is considered re-epithelialized).

### **Vinegar Soaks Regime –**

1. Thoroughly wash hands before touching the treated area, using antiseptic soap.
2. Prepare a water/vinegar solution as follows:

Mix 1 teaspoon (5 ml) of plain white vinegar with 1 cup (237 ml) of cool tap water

**Note:** *If solution stings or burns, dilute by using 1 teaspoon to 2 cups (1 pint) of water. This solution may be mixed ahead of time and kept in the refrigerator. Prepare a new solution each time to prevent contamination.*

3. Take a clean wash cloth, gauze pad or cotton swab, and soak it in the water/vinegar solution. Ring out any excess and then lay it over the treated area for 10 to 15 minutes. **DO NOT RUB** vigorously. Using the wash cloth you may gently remove (don't pick) any loose crusting.
4. When done soaking, gently pat the treated area dry with a clean, soft towel. You can't soak too much. Soaking will reduce redness and speed healing.

**Note:** *You do not have to remove all of the moisturizer from off your face during the soaking process.*

5. Next, reapply the cooling ointment generously.
6. Repeat this procedure 3 to 4 times daily until all crusting is gone.

## **72 Hours Post-Procedure:**

**Discontinue** Elta MD Post Laser Ointment or Aquaphor if you have purchased Barrier Repair.

**Exfoliation/Shedding Phase** (72 hours post thru day 5) – Begin using a gentle moisturizer such as our YOLO Chemistry Ultra Light or Barrier Repair. If it stings go back to using the post laser cream and try again in 24 hours. Apply every 3-4 hours and gradually decrease duration as the skin begins to heal. *Continue with vinegar soaks.* Do not pick skin or remove skin from your face.

**Note:** *If your laser therapy was more aggressive, you may experience increased post-operative edema, erythema (redness) and recovery times from those stated above.*

**Pruitis (itching)** – Some patients experience a high level of itchiness for 2 – 3 days. This is normally due to the release of histamines during the healing process, which is a good sign. However it could also be a sign of

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dry skin due to inadequate use of moisturizers. Please notify us if you have excessive itching that is not relieved by taking Benadryl.

**Possible Complications** – Call the office immediately if you have any fever, chills or pain after treatment that is not relieved by the prescribed pain medication. Also call us if you have excessive redness, blistering, swelling, bleeding, itching, yellow or cloudy discharge (increasing pain with deterioration in the appearance of the skin may be the first signs of infection). Failure to diagnose and promptly treat these conditions may delay healing and lead to scarring.

### **Final Healing Phase (Days 6-7):**

Start long term skin care products that were provided. Avoid the sun, wear a hat, and use the **SUNBLOCK** provided to you daily, even on cloudy days and also when driving.

Once Re-Epithelialization is complete (skin is not broken, crusting phase has subsided, treated area is smooth, red and pink), soaks and ointments are discontinued. Makeup and **SUNBLOCK** can now be applied.

**Makeup** – We recommend using water-based or mineral makeup. Purchase new application sponges or brushes as infection or acne eruption can be caused by accumulated bacteria. Your skin will be more susceptible to irritation from makeup; apply it cautiously and conservatively. If irritation occurs switch to something less sensitizing.

**SUNBLOCK** – *All SUNBLOCKS are not equal.* Do not use sunscreens since they absorb UV light and release it as heat into the skin. Rather, use **SUNBLOCK** which deflects or scatters (blocks) UV light.

*For optimal SUNBLOCK protection chose a SUNBLOCK that is a “Physical SUNBLOCK.” A physical SUNBLOCK contains Zinc and/or Titanium to effectively block against UVA (UV aging) and UVB (UV burn). Avoiding the sun is the most important thing you can do to prevent photo-aging.*

- ✓ Avoid all direct sun exposure. When you come to us for your follow-up appointment wear a hat.
- ✓ Apply **SUNBLOCK** ½ hour before going outside for improved protection.
- ✓ Use **SUNBLOCK** for at least two weeks (3-6 months is better) after treatment any time you go outside in the sun. *(Sun avoidance and use of SUNBLOCK should be a life-long endeavor.)*
- ✓ Use a mirror to apply **SUNBLOCK** evenly.
- ✓ **SUNBLOCK** must be reapplied every 2 hours to be fully effective and in the correct quantity.
- ✓ Also use physical blockers such as hats, scarves and sunglasses when possible.

**Your follow-up appointments are scheduled for:**

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Please call us at 203-533-4560 for your 6 month follow up.

***Thank you again for choosing YOLO!***

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