

Pre procedure instructions:

- Avoid tanning or heavy sun exposure and use a broad-spectrum sunscreen daily for four weeks before to treatment.
- Avoid deep facial peel procedures for four weeks before treatment (for example, strong chemical peels, laser resurfacing, dermabrasion).
- Don't use medications that cause photosensitivity (such as doxycycline, minocycline) for at least 72 hours prior to treatment.
- If you have a history of herpes (oral cold sores, genital) or shingles in the treatment area, let your doctor know and start your antiviral medication (valacyclovir, acyclovir) as directed (usually two days before treatment and continue for three days after treatment).
- To prepare your skin for laser resurfacing, you may be asked to apply a topical retinoid on your skin for about four weeks before your procedure.

Post care instructions:

- Immediately after treatment, your skin will be red and feel sensitive and sunburned. Redness, swelling, itching or stinging may last for a few days. Depending on the treatment, skin may even appear raw, ooze a yellow liquid and even blister. Don't scratch or pick at skin that crusts as this can cause scarring or lead to an infection.
- Five to 7 days after laser resurfacing, your skin will become dry and peel. Your new skin will at first appear pink. It should

begin to gradually lighten up over the next two to three months

- Cleanse the treatment area two to five times a day as instructed by your doctor.
- Sleep on an extra pillow at night to help reduce the swelling for the first four days after the procedure.
- Apply a cool compress or a wrapped ice pack for 15 minutes every one to two hours as needed, during the first 24 to 48 hours.
- Apply a thin layer of petroleum jelly (or any occlusive moisturizer) or antibiotic ointment (such as bacitracin) to the area twice a day until the skin heals.
- Avoid aggressive facial treatments, such as tretinoin or glycolic acid for four weeks and any topical products that may cause irritation for six weeks following treatment.
- Avoid activities that can cause flushing for two weeks after treatment.
- Don't smoke. Smoking slows the healing process.

After healing:

- Apply a daily broad-spectrum (screens both ultraviolet B and ultraviolet A rays) sunscreen after healing to protect your newly laser-resurfaced skin. A sunscreen specifically formulated for use on the face should be chosen, with a sun protection factor (SPF) of at least 30.
- Apply daily moisturizer as recommended by your doctor.