



## Laser Resurfacing Post Treatment Instructions

It is very important to wash your hands thoroughly prior to touching your face. Do not pick, scratch, or rub your face. You must protect your face completely from the sun. You will not be able to wear sunscreen until your skin is no longer raw (usually around day 10). Do not put antibiotic ointments or creams on your face as they commonly cause allergic reactions and sensitivity. It is very important to avoid sun exposure and any medication that can make you more photo sensitive for 2 weeks prior and for 2 weeks after your treatment.

### 2 WEEKS PRIOR TO YOUR PROCEDURE

- Begin applying the Alastin Skin Nectar. This will help enhance the skin's ability to repair itself and reduce downtime. Apply twice a day (AM and PM) on clean, dry skin. Use a pea-sized amount and gently apply to your entire face. Allow the product to be fully absorbed. Continue with a sunscreen application (at least 30 SPF) during the day to protect your skin from UV exposure. We recommend the Alastin SilkShield Sunscreen. Avoid any harsh exfoliants or retinoids during this time, as you want to keep the skin barrier intact.
- \*If you have a history of **cold sores**, laser treatments may trigger the herpes virus, potentially leading to a flare-up following the procedure. To prevent this, it is recommended to start antiviral medication two days before your treatment and continue it for three days afterwards. Please let us know before your treatment and we will get this medication ordered for you at your preferred pharmacy.

### FIRST FEW WEEKS AFTER YOUR LASER TREATMENT

- Strict sun avoidance. Avoid direct sun exposure as much as possible, especially in the first 2 weeks. Cleanse your skin using the Ultra Calm Cleansing Cream that we provided to you. You can do this in the morning and at night before you apply the nectar. **During the day, in between the Nectar, please apply a thin layer of Aquaphor to keep the hydration locked in.**
- Continue applying Alastin Skin Nectar twice a day (AM and PM) until the bottle is finished.
- Your skin will begin to slough, and new, fresher skin will appear. Depending on the depth of your treatment, this will be complete around 7-10 days. Your new skin will be pink for several days/weeks.
- After your bottle of Alastin Skin Nectar is finished, replace it with the Alastin Restorative Skin Complex. Apply a pea-sized amount twice a day (AM and PM) to your face after cleansing. Continue until the bottle runs out. The Alastin Restorative Skin Complex is a powerful anti-aging product that is designed to enhance and maintain skin health. It helps clear out damaged collagen and elastin fragments, while promoting the production of new, healthy collagen and elastin. Continued use in your regular skincare routine will improve skin texture, firmness, and overall radiance.
- For hydration, we strongly recommend using the Epionce Intensive Nourishing Cream. Apply this every morning and night after the Alastin Restorative Skin Complex. This cream provides intense hydration to replenish moisture and comfort the skin. It helps repair and strengthen the compromised skin barrier, which is essential for proper healing and protecting the skin. It also has anti-inflammatory ingredients to help soothe irritation and reduce redness and itching. Continued use of this cream in your normal

skincare routine will help maintain hydration and improve elasticity, optimizing the benefits of your laser treatment

Your skin will be more sensitive to the sun, so it's important to use sunscreen and avoid direct sun exposure during the healing process. Exposure to the sun can lead to burns and hyperpigmentation.

By staying hydrated and following post-care instructions, you'll help your skin recover smoothly and enjoy the benefits of the treatment.

If you are experiencing excessive swelling or any signs of infection (drainage, increased warmth at or around the treated area, or fever of 100.4 degrees Fahrenheit or greater) contact our office immediately at (503) 382-8899.

#### Postop Caretaker and Ride

- You need a responsible adult (family member, friend, or postop-op nurse) with you for at least 24 hours after your discharge from the Surgery Center.

Call the number below to report any of the following:

- Persistent nausea or vomiting
- Persistent chills or fever greater than 101° F
- Persistent bleeding that keeps the dressing wet
- Pain at a level that is intolerable despite pain medications, icing, and elevation
- Sudden onset of calf pain, redness, or swelling
- For difficulty breathing, shortness of breath, or chest pain call 911 immediately

**If you have more questions or concerns, please call or text us at (503) 382-8899.**

Caregiver signature \_\_\_\_\_ Date/Time

Provider signature \_\_\_\_\_ Date/Time