

LASER WRINKLE & SCAR REDUCTION

POST-TREATMENT INSTRUCTIONS:

Expect swelling and redness for 3-5 days post treatment. Following that time your skin will return to its baseline appearance. Collagen remodeling is delayed and you may NOT notice any visible improvement for 35-45 days after the treatment. The results are gradual and there will be continued improvement for 6-9 months following the final treatment in the series.

POST-CARE PROTOCOL:

(for 5-7 days unless otherwise noted)

- Gently cleanse skin in the Am and PM with a mild cleanser lathered on your fingers.
- Cetaphil cleanser is recommended. Avoid vigorous rubbing or the use of terry cloth.
- Rinse with tepid or cool water.
- Pat your skin dry and moisturize with a mild, non-perfumed moisturizer such as Cetaphil.
- May moisturize throughout the day, as needed.
- If skin feels excessively dry, may apply Aquaphor rather than a moisturizer.
- ** If you are acne-prone avoid using any moisturizer during the first 24 hours.
- Cool skin, if need during the first 24-hour period following the treatment. Soak a fresh wash cloth in a bowl of ice water, ring it out and apply to the area treated for 3-5 minutes. This may be repeated once an hour, if needed to express heat.
- May use Tylenol as directed for discomfort, if needed.
- **Sunblock is essential** whenever there is daylight and you are going out (even on a cold, cloudy, rainy, or even snowy day) Sunblock with at least a 30 SPF and zinc oxide or titanium dioxide is recommended. This is reapplied ever 1 ½ hours, when exposed for long periods of time. You may be photo sensitive for up to 6 weeks. Make this a life-long daily habit to extend the benefits achieved. **SUN EXPOSURE DEPLETES COLLAGEN**

AVOID THE FOLLOWING:

- Cosmetics to the area treated (3 days)
- Exfoliants such as retinols/ glycolics, facial scrubs, etc. ... (2 weeks)
- Anti-inflammatory meds such as Advil, Motrin, Aspirin or Steroids of any kind (7 days)
- Excessive heat until swelling and redness subsides (3-5 days), including: hot showers, hot tubs, jacuzzis, saunas, etc. ... (tepid showers are allowed)
- Heavy exercise or any activity that promotes sweat (3-5 days)

NON-FACIAL SCARS OR STRETCH MARKS:

- Follow the instructions above plus avoid constrictive clothing or chronic friction at the area being treated (6 weeks)
- Protect the area from direct contact with garments by applying gauze pads to the area prior to dressing for the day (3-5 days)



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