



C O U R T N E Y
P L A S T I C S U R G E R Y

SKIN RESURFACING AND TIGHTENING

Pre-Treatment

Avoid direct sun exposure and DO NOT tan or use self-tanner for 4-6 weeks before your treatment. Use a 30+ SPF to protect your skin.

Avoid any irritants to your skin, such as any products containing Retin-A, Retinol, Benzoyl Peroxide, Glycolic/Salicylic Acids, Astringents or Vitamin C for one week before your treatment. Do not wax or use a depilatory on treatment areas for one week prior to your treatment. No Accutane for 6 months prior.

If you have a history of fever blisters, please notify us. We can send in a prescription for antiviral therapy to start a day before treatment to prevent a flare up.

Photosensitizing medications including Doxycycline and Minocycline should be stopped 3 days prior to treatment.

Anticipate a social downtime of 2-5 days before any redness, swelling, and sloughing of the sunspots has subsided. Plan accordingly!

Post Treatment

Your skin is fragile and should be protected from sun exposure, use your SPF!

A mild sunburn-like effect is normal and is usually gone within a few hours. Your skin will feel tight and dry. There may be redness and swelling. Cold compresses may be useful for the first 24hours.

Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. Do not pick, scratch, or scrub at treated skin! Allow old skin to flake off naturally and keep skin moisturized at all times. For extra dry skin apply moisturizer every 2 hours if needed.

Use Alastin Gentle Cleanser and cool water only to wash. Avoid loofahs or Clarisonic for 1 week. You can wash the treated area as soon as 4 hours after treatment.

Avoid strenuous exercises that cause sweating. Avoid jacuzzi, sauna, or steam baths for 3 days after treatment.

Makeup can usually be used after day 3 if the skin is not broken.

You may restart your regular skincare routine once your skin is no longer irritated. Many patients have noticed continued skin improvement for months following. However, for best results, we recommend follow-up and repeat treatments in 4-6 weeks and a series of 3-5 treatments depending on your personalized care plan.

Please contact us as soon as possible if you are concerned about infections, experience any blistering or increased pain. If any pigment changes are bothersome or persist beyond 4 weeks, please contact us to schedule a follow-up. 713-522-4411