

Erbium YAG Laser Treatment Pre & Post Instructions

Erbium YAG laser removes superficial layers of skin by vaporizing (heating to a high temperature) the water within the tissue. This is considered an ablative laser. Laser resurfacing can improve sun damage, improve superficial lines and wrinkles, improve irregular pigmentation and help improve scarring.

Strict adherence to pre and post treatment instructions is required in order to obtain positive and safe results. After reviewing the listed information if you have any additional questions, these should be addressed prior to receiving treatment.

This procedure should NOT be conducted on immune-compromised individuals. This includes if you are pregnant and/or nursing. Please talk with your provider if you have healing disorders caused by diabetes mellitus, connective tissue disease and/or radiation or chemotherapy. Please notify the office if you are taking medications for immune related disorders (i.e. biologicals for rheumatoid disease)

Pre-Treatment

- If you have a history of herpes simplex disease of the lips, mouth or face you will require anti-viral medications 3-5 days prior to your procedure.
- Avoid Accutane for at least **12 months** prior to your treatment, Avoid Chemical peels **4 weeks** prior to your treatment. Avoid waxing and exfoliation creams **2 week** prior to your treatment.
- Avoid tanning **4 weeks** before your treatment, this includes tanning creams. You **must** have your normal skin color or your treatment may be rescheduled.

Post Treatment

- Following your treatment, you will experience redness that can last for 3 days after your procedure. The treatment area will become hot (like a sunburn) with mild swelling. This normally peaks about 2 hours after your treatment and then will gradually improve over the next 2-3 days.
- If you experience any discomfort you may apply cold compresses or spray the area with Evian water spray to help keep the skin moist.
- **You will be given specific instructions on how to care for your skin after the procedure. It is very important that you follow these instructions to prevent complications.**
 - For the first 24 hours: Apply Priming Oil and Enriched Firming Mask (moisturizer) as needed to keep the skin moist.
 - The day after your procedure: Use the Milky Lotion Cleanser to wash the face.
 - Continue applying Priming Oil and follow with a generous application of Renewal Calming Cream.
 - You may alternate between the Renewal Calming Cream and the Enriched Firming Mask after using the Priming Oil for continued hydration and soothing.
 - You may start back to your normal skin care regimen once the skin is no longer sensitive.
- Do not pick or scratch the treated area. This can cause serious complications. Avoid scrubbing, use of exfoliants, scrub brushes and loofah sponges until the treatment has returned to its pre-treatment condition.
- You may take over the counter pain medication or anti-inflammatory medications as needed.
- If you experience redness, swelling or itching you may use over the counter Zyrtec, Claritin or Benadryl.

- Avoid the sun and use a sun block that has a SPF of at least 30 with UVA and UVB protection. Do not use sunless tanning lotions or tan for **4 weeks** after your procedure.
- Avoid swimming pools, hot tubs and warm baths until the redness has resolved.
- Avoid retinols for at least 5 days after your procedure.
- Avoid Laser hair removal, Chemical Peels and waxing for **4 weeks** after your procedure.
- Makeup may be applied 24 hours after your procedure.
- Avoid shaving the treated area for at least **48 hours** after your procedure.

Post treatment skin care instructions **MUST** be followed to prevent any complications. Please contact the office if you experience any blistering or scabbing or have any questions concerning your treatment.