



## Pre/Post Ablative Laser Treatment Protocols

### **Prior to your laser procedure:**

During your Consultation, the correct treatment option and treatment level will be decided upon considering your current skin condition, expectations and importantly your recovery allowances.

During your Consultation, you should discuss your current skin care regimen and plan for proper skin care after your laser treatment.

Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), retinols/retinoids, aspirin, Tazorac, Differin, and Vitamin E products 5-7 days prior to your treatment.

If you are pregnant or breast feeding, you are NOT a candidate for laser treatment.

If you have a history of “cold sores” please let your aesthetician know. Medication can be prescribed to minimize the possibility of an outbreak following your treatment.

We will prescribe hydroquinone one month prior to treatment to minimize the possibility of hyperpigmentation following your laser treatment for patients with a darker complexion or those with melasma or a history of hyperpigmentation.

Active tanning must be discontinued 2-4 weeks prior to your treatment. Both sun tanning booths and sun exposure must be avoided for 2-4 weeks prior to your treatment.

Do not have facial waxing or chemical peels for 2 weeks prior to your treatment.

Your procedure will be performed under topical numbing cream for 30 minutes to 1 hour depending on the treatment.

**Post laser instructions:**

You will be discharged from the office after an application of laser post procedure product.

You may experience redness, swelling, pinpoint bleeding and oozing immediately after treatment.

After your treatment, you will experience some mild burning that can be controlled with ice packs that may also be used the remainder of the day.

Some patients benefit from Benadryl and Tylenol for the first 24-48 hours

The first night you should sleep with your head elevated on several pillows to minimize swelling. Protect your linens with a towel over your pillow.

With the HALO treatment, use Avene water spray until heat dissipates, then apply Cicalfate generously as needed.

For Profractional and/or Microlaser peel, apply a thin layer of Post Procedure Laser Balm to the affected area and keep moist. This will help the healing process.

You may wash your face the next day with a gentle cleanser, such as Cetaphil, or Obagi gentle cleanser, but do not rub vigorously or use a Clarisonic for 1 week.

Your skin may feel dry as the skin heals. Apply non-clogging and non-irritating moisturizers, such as Elta MD Barrier Repair Complex, Cicalfate or Laser Post Procedure Balm several times per day.

You will notice swelling, particularly under your eyes, worst on the morning following your procedure. Swelling typically lasts 1-3 days, depending on the aggressiveness of the treatment.

Avoid direct sunlight on the treated area for 4-6 weeks after your treatments.

Avoid active topical products such as retinols, hydroquinone, and glycolic acid products for 7-10 days after treatment.

A broad spectrum UVA/UVB sunscreen (SPF 30 or greater) must be worn daily once the skin is healed.

Anticipate 4-5 days of social down-time following your treatment.

New collagen takes approximately three to six months to form, therefore results may be seen within the first few weeks and yet the skin's texture, clarity and tone will continue to improve for up to one year.

No exercise, hot tubs or sauna etc., for a few days or until after healing.

You should ask questions and feel free to contact our office if you need any additional information.  
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