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FACIAL LASER INSTRUCTIONS

YOU CANNOT HAVE FACIAL LASER PROCEDURES IF:

- YOU HAVE TAKEN ACCUTANE (ISOTRETINOIN) IN THE PAST 12 MONTHS.
- YOU ARE TAKING BLOOD THINNERS.

PRODUCTS THAT YOU WILL NEED TO PURCHASE TO PREPARE FOR YOUR LASER PROCEDURE:

- SPF 30 OR GREATER SUNSCREEN
- A SMALL BOTTLE OF WHITE VINEGAR
- A PRESCRIPTION FOR 8 TABLETS OF VALTREX 500 MG
- A GOOD FACIAL MOISTURIZER LIKE EUCERIN
- A NEW, UNOPENED CONTAINER OF AQUAPHOR (OR VASELINE)

PREPARING FOR YOUR FACIAL LASER PROCEDURE:

- AVOID SIGNIFICANT SUN AND UV LAMP EXPOSURE FOR ONE MONTH PRIOR TO TREATMENT.
- USE SUN BLOCK SPF 30 OR GREATER IN THE DAYS BEFORE TREATMENT, AND STARTING AGAIN ONE WEEK AFTER TREATMENT.
- THE NIGHT BEFORE THE PROCEDURE, TAKE THE 500 MG VALTREX TABLET.
- DO NOT USE ANY CREAMS, MOISTURIZERS, SUNBLOCKS, FOUNDATION, OR MAKEUP THE DAY OF THE LASER PROCEDURE.
- TAKE A SECOND VALTREX TABLET THE MORNING OF THE PROCEDURE.

THE FIRST FEW DAYS AFTER YOUR FACIAL LASER PROCEDURE:

- APPLY AQUAPHOR OR VASELINE OINTMENT (FROM A NEW, PREVIOUSLY UNUSED CONTAINER) FOR THE 4-5 DAYS AFTER THE PROCEDURE, IN A THIN LAYER THAT COMPLETELY COVERS THE REGION. DO THIS SEVERAL TIMES PER DAY. APPLY A THICKER COAT AT BEDTIME — PUT AN OLD T-SHIRT AROUND YOUR PILLOW!
- COOL COMPRESSES CAN BE APPLIED FREQUENTLY, STARTING IMMEDIATELY AFTER THE PROCEDURE. A “HOT” FEELING MAY PERSIST FOR A FEW DAYS.
- SHOWERING IS ACCEPTABLE 24 HOURS AFTER THE PROCEDURE. GENTLY WASH WITH TEPID WATER AND A GENTLE CLEANSER 3-4 TIMES PER DAY, STARTING THE DAY AFTER THE PROCEDURE.
- VINEGAR SOAKS CAN HELP WITH THE BURNING SENSATION, AND CAN REDUCE RISK OF SKIN INFECTION:

MIX 1 TABLESPOON OF WHITE VINEGAR WITH 1 PINT OF WARM WATER, THEN SOAK TREATMENT SITE FOR 15 MINUTES WITH A SOFT, CLEAN CLOTH.
- CONTINUE VALTREX TABLETS TWICE DAILY UNTIL ALL 8 TABLETS ARE GONE.

LONG TERM ROUTINE AFTER YOUR LASER PROCEDURE:

- AFTER ONE WEEK, START USING A MOISTURIZER (E.G. EUCERIN FACIAL MOISTURIZER OR EQUIVALENT).
- AVOID DIRECT SUN EXPOSURE FOR AT LEAST THREE WEEKS AFTER THE PROCEDURE AND MINIMIZE SUN EXPOSURE THEREAFTER FOR 6-8 WEEKS.
- TO AVOID THE POSSIBILITY OF SCARRING, DO NOT: PEEL THE SKIN, SCRATCH THE SKIN, PICK THE SKIN, USE A MASQUE ON THE SKIN, OR SCRAPE THE SKIN
- MAKEUP CAN BE RESUMED TWO WEEKS AFTER THE PROCEDURE IF THERE ARE ANY INCISIONS FROM RELATED PROCEDURES, OR ELSE IT CAN RESUME AS SOON AS THE SKIN IS HEALED.

CONCERNS AFTER HOURS? CALL 866-527-3722