

This treatment is a powerful cosmetic laser procedure. Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a recover period of approximately 2-7 days depending on treatment level and skin response.

**If you have any questions or concerns regarding your treatment or the, please call (970) 223-0193.
If you have an emergency, please call 911 or visit an emergency room.**

Preparing For Your Treatment

Avoid heavy sun exposure and self-tanning products. Tanned skin cannot be treated.

Stop all exfoliating skin care products 1 week prior to your treatment. This includes retinols and exfoliating cleansers/pads.

Remove false eyelashes. False lashes will be damaged during your procedure.

Pick up your prescribed Medrol (prednisone) Dose Pack from the pharmacy. Verify your pharmacy on file is current.

Item Checklist

- Aquaphor®
- Gentle Facial Cleanser
- Sanitas VitaRich
- Sunblock (SPF 50+)
- Washcloths
- White Vinegar
- Wide Brimmed Hat

Day of Procedure

PRIOR TO ARRIVAL

- Take **Medrol (prednisone)** as prescribed the morning of the procedure.
- **Eat a meal prior to arrival.** Medications may be provided that can cause nausea on an empty stomach.
- **Remove all makeup and lotions from face.** Face must be completely clean prior to face prep and numbing application.
- **Remove any contact lenses.** If necessary, bring glasses.

AFTER TREATMENT IS COMPLETED

- **Do not cleanse the treated area.**
- **Cool skin with wet washcloth every 20 minutes per hour until bedtime, per comfort.** Soak clean washcloth in a mixture of 8oz. water and one (1) tablespoon of white vinegar and store mixture with washcloth in the refrigerator – **do not freeze washcloth.**

1-2 Days Post Treatment

- **You may begin cleansing your face with a gentle (non-exfoliating) cleanser.** Do not use a washcloth to scrub face.
- **Continue to cool skin with wet washcloth compress as needed.** Soak clean washcloth in a mixture of 8oz. water and 1 tablespoon of white vinegar and store mixture with washcloth in the refrigerator – **do not freeze washcloth.**
- **Keep skin moisturized. You may start applying an approved moisturizer such as Aquaphor or Sanitas VitaRich.** Reach out to the clinic if you have any questions on other moisturizers you may wish to use, prior to applying them.

3-5 Days Post Treatment

- **Cleanse treated skin with gentle (non-exfoliating) cleanser both morning and night.** Do not use a washcloth to scrub face.
- **Continue applying approved moisturizer regularly throughout the day.** Apply moisturizer as often as needed to prevent dryness. It is important to keep the skin moist.

IMPORTANT:

1. Do not scratch, pick, or rub the skin!
2. Stay out of the sun – absolutely no tanning or prolonged direct sun exposure for 30 days. Always wear a hat and sunblock.
3. Grid marks on the face are a result of the laser fractionation and will resolve during healing.

SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS, EVEN WHEN NOT IN DIRECT SUNLIGHT.