

[Patient Name]

[Patient DOB]

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 3-10 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

4 weeks prior, avoid heavy sun exposure and self-tanning products. Tanned skin will not be treated.

1 week prior, discontinue the use of all exfoliating skin care products. This includes retinols and glycolic acids.

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

Verify your pharmacy on file is current, pick-up your prescriptions* and follow the instructions provided:

1. Acyclovir (antiviral) – **begin 2 days prior to treatment.**

**Depending on the area being treated, medications may not apply to you.*

Item Checklist

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

Day of Procedure

PRIOR TO ARRIVAL

- **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.

AFTER TREATMENT IS COMPLETED

- **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.**
- **Apply Aquaphor® or other approved products to the treated to keep the skin hydrated.** Product can be applied throughout the day.
- **You may take an over-the-counter medication for pain and swelling.** Acetaminophen or Ibuprofen as directed for discomfort and Zyrtec for swelling relief.
- **Keep treatment area elevated.** Staying elevated will aid in reducing swelling.

DAY AFTER TREATMENT

- **Cleanse skin with a gentle cleanser, morning and night using fingertips only.**
- **Continue to cool skin with wet washcloths.** See directions above.
- **Apply Aquaphor® or other approved products to the treated to keep the skin hydrated.** Product can be applied throughout the day.

DAYS 3 – 10 POST TREATMENT

- **A hydrating facial is recommended between days 5-10 to help with skin hydration and gentle exfoliation of flaking skin.** An appointment for a hydrating facial can be made during your laser appointment. Receiving a hydrating facial will improve your treatment outcomes and comfort during healing.

- Post Treatment Skin Condition Expectations -

- ◆ Post treatment skin will appear red and swollen for up to 5 days.
- ◆ Skin will feel itchy, dry, and flaky between days 5-10.
- ◆ Acne/blemishes may occur on days 4-10.

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