

My Haven Laser & Spa

SUGGESTED WRINKLE REDUCTION PATIENT INSTRUCTIONS

PRETREATMENT INSTRUCTIONS

1. Avoid the sun 4-6 weeks before and after treatment until your healthcare provider allows it.
2. Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
3. If you have had a history of perioral herpes simplex virus, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
4. If you are tanned or have a darker skin type, a bleaching regimen may be started 4-6 weeks before treatment.
5. **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) after treatment and this may not clear for 2-3 months.
6. The use of self tanning skin care products must be discontinued one week before treatment. Any residual self tanner must be removed prior to treatment.

INTRAOPERATIVE CARE

1. The skin is cleaned thoroughly prior to treatment. A topical anesthetic may be used.
2. When treating the upper lip, the teeth may be protected with moist white gauze. The gauze also serves to support the lip during treatment, allowing a surface to push against.
3. The DCD (cryogen skin cooling) device may be used during the laser treatment.
4. Safety considerations are important during the laser procedure. Protective eye wear will be worn by the patient and all personnel in the operative suite during the procedure to reduce the chance of damage to the eye. Your provider will take all necessary precautions to ensure your safety.

POSTOPERATIVE TREATMENT CARE

1. Immediately after treatment, there should be mild erythema (redness) and mild edema (swelling) at the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like sunburn for a few hours after treatment. Some patients note that their skin feels pleasantly warm after treatment.
2. Your provider may use an optional cooling method after treatment to ensure your comfort.
3. Your provider will inform you when you may resume the use of your usual skin care products. Makeup may be used after the treatment as long as the skin is not irritated.
4. Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
5. Use sunblock (SPF 30+) at all times throughout the course of treatment.
6. Avoid picking or scratching the treated skin.
7. There are no restrictions on bathing except to treat the skin gently, as if you had sunburn, for the first 24 hours.
8. The laser treatment is often performed 4-5 times at monthly intervals for best results. You may notice immediate as well as longer term improvements in your skin.

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