

Instructions for Before and After DOT Laser Facial/Skin Resurfacing

ABSOLUTE DO's AND DON'Ts:

- **DO NOT** use Accutane for at least 1 year prior to treatment.
- **DO NOT** expose skin to sun or tanning for at least 2 months prior to and 2 months following treatment. **FAILURE** to do so may result in **PERMANENT** pigment changes and damage to skin.
- **DO** wear a minimum of 30spf sunscreen prior to and after your treatment to protect the skin from any accidental exposure, such as being in a car or sun reflecting from surfaces.

What to expect after treatment:

Social down time, lasting an average of 5-10 days. You may generally return to your normal activities after this time, following the **IMPORTANT** instructions below.

DAY 1: Your skin will be very red, resembling a severe sunburn and your skin may weep.

DAY 2: You may have crusting/scabbing - **DO NOT PICK OR IRRITATE AS THIS MAY CAUSE PERMANENT SCARRING AND/OR PIGMENT CHANGES!**

DAYS 3-7: Crusting/scabbing will begin to slough off. Redness may persist as healing and rejuvenation continues.

PREPARING FOR LASER RESURFACING TREATMENT

6-8 WEEKS BEFORE TREATMENT:

MORNING STEP-BY-STEP ROUTINE:

- Cleanse face/skin with Soothing Cleanser and pat dry - you may do this multiple times a day, if desired.
- Apply 4-5 drops of CE Ferulic or Phloretin CF to face, neck, chest and hands.
- Apply 3-5 drops of Discoloration Defense to face, neck, chest and hands.
- Apply SkinCeuticals Sunscreen to face, neck, chest and hands.

EVENING STEP-BY-STEP ROUTINE:

- Cleanse face/skin with Soothing Cleanser and pat dry.
- Apply 3-5 drops of Discoloration Defense to face, neck, chest and hands.
- After reading provided handout on Retinol thoroughly, apply Retinol - **DISCONTINUE RETINOL 2 WEEKS PRIOR TO TREATMENT UNLESS OTHERWISE APPROVED BY YOUR PROVIDER!**

MEDICATIONS PRESCRIBED FOR TREATMENT:

- An office RN will contact you Monday prior to treatment to instruct you on medications that will be prescribed to you for treatment. You will need to pick up these prescriptions from the office at least 2 days prior to treatment. They cannot be mailed, faxed or called in. **CAREFULLY** read the following instructions on the medications and **WHEN** they are to be taken! Failure to follow these instructions may result in cancellation/rescheduling of your treatment.
- Valtrex 500mg - take 1 tablet in the morning and 1 tablet in the evening **BEGINNING THE DAY BEFORE** the procedure. Then take 1 tablet daily until gone (9 days).
- Percocet 5/325mg - **DO NOT TAKE UNTIL INSTRUCTED BY NURSE THE DAY OF YOUR PROCEDURE!** Your procedure may be cancelled if taken prior to being instructed by nursing staff. There will be ample time for the medication to take effect prior to treatment

- Valium 5mg - **DO NOT TAKE UNTIL INSTRUCTED BY NURSE THE DAY OF YOUR PROCEDURE!** Your procedure may be cancelled if taken prior to being instructed by nursing staff. There will be ample time for the medication to take effect prior to treatment
- You will receive HydraBalm the day of treatment to apply every 2 hours or when your skin feels dry. You may purchase more, if necessary, through our office.

DAY OF TREATMENT:

- Cleanse face with Soothing Cleanser and pat dry.
- DO NOT apply any makeup or products of any kind.
- DO NOT wear contacts or jewelry.

AFTERCARE INSTRUCTIONS:

- Your greatest discomfort usually occurs the first 24-48 hours after surgery. During this time, take the pain medicine as directed. It is helpful to take with bland food to avoid nausea, which may occur if taken on an empty stomach.
- Use light weight ice packs for cold compression during the first 24-48 hours, as needed for swelling/pain. 20 minutes on and 20 minutes off, while awake. A small bag of frozen peas works well for this as they are light and can be refrozen.
- You may drive if it is greater than 24 hours after treatment and you have not taken pain medicine in 24 hours or more.

If you have concerns after hours, contact our office at 417-875-3246 and an operator will page the on-call provider for you.