

Eugenie Brunner, MD, FACS
Cosmetic Facial Plastic Surgery – Skin Rejuvenation Laser Center

LASER SKIN REJUVENATION HOME CARE

Varilite, AdvaLight, Clear + Brilliant, PicoSure Laser Facial, Laser Facial, FotoFacial (IPL)

PRE AND POST TREATMENT INSTRUCTIONS

Pre Treatment Instructions

One Week Prior to treatment:

- Avoid excessive sun exposure/sun tanning for one week prior to your treatment.
- Wear a broad-spectrum sunscreen of at least **30 SPF** before and after your treatment to protect your skin and to maintain your results. Protect your investment!
- **No self-tanners.** Please remove all self-tanners from the area(s) to be treated.
- Stop applying any “irritating” skin products (Retin A, AHA, Glycolic acid) at least one day prior to your procedure.
- Do not wax your facial hair or use exfoliating scrubs in the several days prior to your treatment.

Cold Sores (Herpes Infection):

- If you have a history of cold sores, be sure to that Dr. Brunner is notified in advance of scheduling your treatment.
- **An antiviral medication (Valtrex) will be prescribed for you to start prior to your treatment.**

Procedure Day:

- Arrive with clean skin.
- **Do not wear mascara or makeup,** lotions, powders or perfumes on or around the areas being treated.
- **Men should shave** the treatment area just prior to treatment.
- **Tylenol or Motrin/Advil** (ibuprofen) can be taken one hour before your procedure.

What to Expect:

- It is normal to have **redness, mild swelling,** and a **sunburned sensation** for several hours and up to several days after your treatment.
- Your skin may have a **sandpaper texture** for up to a week after treatment.
- **Brown spots** will turn **temporarily darker** for 3 to 14 days after treatment.
- **Mild crusting, scabbing** and occasionally a small blister may be present on treated spider veins/blood vessels, brown spots or skin lesions.
- Some patients experience **mild itching** in the treated area.

Post Treatment Instructions

- **Moisturize your skin liberally** with a mild/bland moisturizer (Eucerin, Cetaphil, Light Recovery Cream) for one week. Moisturized skin heals faster.
- Wash your skin gently with a **mild face wash** (Cetaphil, Green Tea Cleanser).
- **Cold compresses** and cold gel packs can be applied to relieve sunburned sensation and to diminish swelling.
- **Vaseline** can be applied to any crusts, scabs or small blisters. **Do not use antibiotic ointments.**
- Makeup can be applied immediately after your treatment.
- **Use sunscreen SPF 30 or higher** to protect and maintain your results.

- Your normal skin care regime can be resumed when your skin has fully healed. Usually within one week after treatment.

General Instructions

- **Do not pick at any crusts or scabs. Do not scratch skin.**
- Avoid using irritating products (Retin A, Glycolic Acid, AHA, Vit C) or exfoliating scrubs for one week after treatment.
- Use Tylenol or Motrin/Advil (ibuprofen) for any pain/sunburn type of discomfort.
- Benadryl/Claritin/Allegra (antihistamines) can be used for the mild itching of healing.
- Do not exercise or go to the Gym in the first day or two after treatment, or until your skin is completely healed.
- Do not clean the house, garden or do any “dirty” work in the first week, until your skin is completely healed.
- Always keep your skin moisturized with a gentle or mild moisturizer.
- **Clean your cell phone daily** with alcohol.
- **Cold Sores.** If you think you have a cold sore after your procedure (even while on Valtrex). Please Call Dr. Brunner.
- For rashes, severe itching, or any questions, **Please call Dr. Brunner: 609-921-9497**