



Laser Skin Rejuvenation Before and After Care

Prior to the Laser Skin Rejuvenation treatment, please observe the following:

- Do not use self-tanning lotions or tanning booths two weeks prior to your laser treatment. Do not sunbathe two weeks prior to your appointment. Any patient arriving with a tan or sunburn may be rescheduled due to the sensitivity of the procedure to altered skin color and for the sake of your own safety.
- Do not use any irritating skincare products such as Retin-A or OBAGI for one week prior to treatment.
- Avoid taking NSAIDs such as Advil, Motrin, Aleve, aspirin for 1 week prior to the scheduled procedure.
- Avoid caffeine 24-48 hours prior to your treatment. This will help reduce the skin's sensitivity. Drink 8-10 glasses of water daily to keep your skin hydrated.
- Areas of dental crowns, caps, braces or other metal dental implants may be more sensitive to treatment and the clinician may use gauze or a tongue depressor to isolate the area and make the treatment more comfortable.

After-care instructions for Laser Skin Rejuvenation:

- Tiny scabs of less than 1 mm in diameter will usually form 24-72 hours post-treatment and may remain for several days. The scabs should not be touched or scratched even if they itch, and should be allowed to shed off naturally.

- During the first two (2) days following treatment, avoid: hot baths, massage, irritating skincare products or exfoliants, etc.
- You may have mild swelling for 1-3 days after your treatment. Please apply an icepack to the irritated area for 1-2 days in approximately 15-minute sessions 3-4 times per day.
- Redness for 2-3 days is common. You may apply hydrocortisone cream 3-4 times per day to reduce this. Makeup can be applied 12 hours after treatment.
- If you should develop any open sores, apply over-the-counter antibiotic ointment to those areas 2-3 times daily until healed.
- Avoid prolonged sun exposure or use of tanning bed for at least two weeks after your treatment, as your skin will be more sensitive to the sun after your Sublative treatment.
- Use a minimum of SPF 30 daily to protect your skin after your treatment.

If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.