

Pre-Treatment Instructions:

1. For one month prior to treatment, strictly avoid sun exposure, tanning beds, and self-tanning products. Use liberal amounts of UVA + UVB broad-spectrum sunscreen of SPF 40 or higher daily and reapply frequently. Wear a hat if you must be out in direct sunlight for over five minutes.
2. Advise us if you have a history of herpes simplex (cold sores), are pregnant, allergic to topical anesthetics, have keloid scars, or have been recently treated with isotretinoin (Accutane).
3. Discontinue use of all retinoid products such as retinol, tretinoin, or adapalene 1 week prior to treatment. Also, certain medications (i.e. doxycycline, minocycline) should also be stopped one week prior to treatment. Advise the staff of all prescription medications you are currently taking.
4. Discontinue use of all exfoliation treatments, scrubs, brushes, glycolic or salicylic acid products 1 week prior to treatment.
5. If prescribed a pre-treatment medication, please fill the prescription, and bring it with you to your appointment.
6. The day of your appointment, come to your appointment with a clean face (freshly shaven for men) with no makeup or creams applied.

Post-Treatment Instructions

What to Expect:

- Immediately after treatment, you may experience mild redness and swelling that usually resolves within a few hours. You may also have a burning/heat sensation for 2-3 hours after treatment. Some patients experience itching.
 - Your skin may feel slightly rough for 3-14 days following treatment
1. You may continue using cleanser and moisturizer the day after treatment. We recommend a gentle, non-irritating cleanser and a bland moisturizer to prevent additional irritation.
 2. If your skin feels rough, do not pick, scrub, or exfoliate treated skin. Allow it to slough off naturally for best results. Peeling/flaking is normal during the healing process and moisturizer should be applied daily and reapplied when your skin feels dry.
 3. Avoid using retinols, scrubs, toners, glycolic acid, bleaching creams, and any other harsh products for at least a week after treatment.
 4. You may return to your routine skin care and make-up products after sloughing is complete (about 3-5 days) and your skin feels back to normal.
 5. **Avoid sun exposure for the next three months.** It is very important to use sunscreen to prevent further sun damage to the skin and to optimize treatment results. Use liberal amounts of sunscreen that has broad-spectrum UVA + UVB coverage of SPF 30 or higher. It is important to use sunscreen daily and reapply frequently. Wear a hat if you must be out in direct sunlight for longer than 5 minutes.

If you have any questions or concerns that arise, please call us at (719) 228-9488. If it is outside of regular business hours and of an urgent nature, please call our after-hours number (719) 257-3779.