

### 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 30 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. Wear comfortable clothing that is open around the neck area. Bring a wide-brimmed hat if possible. Bring a book, magazine, or headphones to listen to music on your phone. You will have about 30-60 minutes of waiting while you are numbing with cream on your face.
7. 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 redness, swelling, and sometimes pinpoint bleeding. You may also have a burning/heat sensation for 2-3 hours after treatment. Some patients experience itching.
  - You may notice darker areas of skin and/or a rough texture. This will all start sloughing off 3-4 days after treatment and will finish 5-7 days after treatment (this process may take up to two weeks on non-face treated areas).
  - Treated areas are often swollen for 2-3 days post treatment. Elevating your head at night can help alleviate some of this swelling.
1. Ice packs can help alleviate discomfort, heat sensation, and swelling.
  2. 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.
  3. When the sloughing process starts, do not scrub, rub, or exfoliate the area. Peeling/flaking is normal and moisturizer should be applied daily and reapplied when your skin feels dry.
  4. Avoid using retinols, scrubs, toners, glycolic acid, bleaching creams, and any other harsh products for at least 1 week after treatment.
  5. You may return to your routine skin care and make-up products after sloughing is complete and your skin feels back to normal (about 1 week).
  6. **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.**