

## PATIENT INFORMATION AND INSTRUCTIONS

### Laser Resurfacing using Matrix LS-Fractional CO2 Laser

#### Post Care:

1. Patient's will experience a burning sensation on the skin that will last between 30 minutes and 8 hours on to the first day.
2. If the patient experiences a lot of discomfort following the treatment, they may take Tylenol or another pain reliever.
3. Treatment to the facial area will result in an appearance similar to a darker tan/sunburn for the first 5 days. A fine crust may be formed by the skin; do not be concerned, this promotes the healing process.
4. Redness may persist up to 2 months. For 3-4 days your face will get darker, and then near the 5<sup>th</sup> day it will peel. More intense treatments can take up to 7 days for recovery. Mineral makeup is suggested after Aquaphor is no longer needed.
5. Wash 2 times daily with Cetaphil cleanser. After washing, while your face is still wet, apply Aquaphor ointment to the treated sites and lips 4 times a day. Avoid hot water.
6. Eye Area: treatment to the upper eye lids may result in swelling and create a slight squint. Redness may persist up to 3 days. Cleanse your eyes with cool water and dab or pat lightly with towel. Avoid hot water. Lubricating eye drops (i.e. artificial tears) will help to decrease dryness of your eyes.
7. If the skin around the mouth is tight, minimize facial expressions, and increase the use of Cetaphil in this area.
8. Rest. Avoid strenuous exercise, bending, straining, stooping or lifting heavy objects for 3 days after procedure. These activities may cause swelling and pain on your face and slow down recovery.
9. Sleep with your face elevated above your heart for 1-3 days after the procedure.
10. Avoid direct sun exposure. A sunscreen with zinc oxide and titanium dioxide should be applied every day. Use hat and sunglasses. Your skin is extremely vulnerable to the sun after having laser treatment. Protecting your skin and limiting sun exposure ensures the best cosmetic results. You do not want to be in the sun until after you have stopped using the Aquaphor.
11. At the time of scheduling the laser procedure, please schedule your follow-up appointment for 2 weeks after the procedure.
12. You will continue to use the Aquaphor until the Cetaphil cream feels moisturizing enough. If your face is still "dry" when using Cetaphil, restart the Aquaphor.
13. After the crusting has sluffed off, you may still feel rough skin. This is normal. The effects (tightening) of the laser continue for 6 months!
14. Do NOT "help" your face exfoliate (by peeling the dry skin). This may cause scarring and/or prolonged redness as well as hyper pigmentation and hypo pigmentation.

15. You may have oozing or bleeding. This is normal. Keep your skin clean with the cetaphil cleanser.
16. You must wash the Aquaphor off your face 2-3 times daily. If not, you will get a yellowish brown mask in the area treated. This can only be removed with 1 tbsp. white vinegar in 1 qt of water. This will not feel good on freshly lasered skin.
17. Zinc oxide in your sunscreen is necessary; however, not removing the sunscreen will cause milia (small, hard white bumps). The only way to remove zinc is the 1 tbsp. white vinegar in 1 qt. water. Wipe face with vinegar solution prior to washing. (This is after your face has healed)
18. A&D ointment may be used instead of Aquaphor. Do NOT get A&D ointment in your eyes. It burns.
19. If itchy during the healing process, take Benedryl.
20. It is normal to have "squares" in the beginning. Red lines then, some areas are more red than others. The deeper you're treated, the longer you stay pink. Only mineral make-up is recommended. (This takes a matter of about 7 days for all side effects-except overall redness lasts longer)
21. The first 4 days are bad! You should not be in pain-it looks painful to other people.

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