



# HERITAGE

VEINS & AESTHETICS

*transformative patient care*

## **ERBIUM LASER SKIN RESURFACING POST PROCEDURE INSTRUCTION**

Pain, prolonged redness, broken capillaries, white heads & pimples, hyper and/or hypopigmentation, infection, bleeding, scarring, sensitivity, allergic reaction, damage to eyes and/or surrounding structures, burns, dissatisfaction with results, need for further procedures and unforeseen side effects may occur with this procedure. Adherence to the Post Procedure Care Instructions will help to minimize adverse effects of this procedure.

1. Edema (swelling) of the skin may occur and can be minimized by keeping the area elevated and using cool compresses. An itching sensation often occurs if the skin dries or as the old skin is shed and the new skin is being formed. If any of the above symptoms intensify, please contact the office immediately. A cool compress placed on the area will minimize any discomfort. Do not use direct ice. The treated area is delicate new skin and should be treated accordingly. Limited activity is advisable for four to five days. Do not use a hot tub, steam sauna or very hot shower for several weeks after the procedure.
2. Cleanse your face 6 – 8 times per day with a mild cleanser like Johnsons Baby Wash or Cetaphil Cleanser for All Skin Types. Apply with a soft cloth or your fingers using a circular motion.
3. No picking of scabs.
4. Do NOT apply Neosporin or other ointment including Vitamin E to the treatment area unless directed by your provider as this can INCREASE the risk of infection.
5. Discomfort, especially a sunburn feeling is common and will persist for days.
6. Avoid strenuous exercise for two weeks following the procedure to avoid irritating the skin.
7. PIH or post inflammatory hyperpigmentation (browning) or hypopigmentation (lightening) are risks. These conditions typically resolve within 6 – 12 months but may be permanent. Vigilant care must be taken to avoid sun exposure, tanning beds or self-tanners before and after the treatment to reduce the risk of color change. After the skin has healed, sunscreen or sun block should be applied. Strick sun avoidance and a hat must be adhered to for three months post treatment. Use a sunblock containing zinc oxide when there is any sun exposure.
8. Infection is possible but is not common after erbium laser treatments. Herpes simplex infections can occur following laser treatments. This applies to both individuals with a past history of cold sores and individuals with no known history. Other signs of infection can be high fever, purulence (pus), worsening redness, increased swelling in the area, blisters, pustules, worsening pain. Should any of these symptoms occur, you must immediately contact the office so a provider can prescribe appropriate medical care. The provider may need to have you come into the office for an appointment in order to prescribe appropriate treatment(s).
9. Allergic reactions can occur. Some people may have a hive-like appearance in the treated area. Some people have localized reactions to the topical anesthetics/ointments/creams. Systemic reactions are extremely rare.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_