

# DERMATOLOGY + PLASTIC SURGERY

*For Your Best Self*

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## Erbium LASER RESURFACING PROCEDURE INFORMATION

You will be here for approximately 2 hours. Please arrange for someone to pick you up at the end of the treatment. **DO NOT USE GENERIC PRODUCTS, SEVERE REACTIONS MAY OCCUR. Please review below carefully and make sure all of your questions are answered.**

### Please have the following items ready before your treatment day:

- Make sure your room is free from direct sunlight. (Blinds and drapes are sufficient.) Use freshly laundered linens on your bed.
- Use disposable pads or clean soft towels to protect pillows/pillowcases.
- Have all prescriptions, and your skin care regimen.
- Arrange for any extra help during the week after the procedure
- Pets should be boarded for the procedure day and first 4-5 days. (Having them at home increases infection risk.) Clean home of pet hair.
- Stay away from yard work, soil, plants, flowers for the week after treatment.

### 2 Weeks Before Treatment

- Discontinue use of topical retinols, Retin-A/Renova/tretinoin, glycolic or other hydroxy acids, and any anti-aging products **2 weeks prior** to your treatment.
- Discontinue excessive sun exposure 2 weeks prior to treatment: you should not have sunburn or significant suntan. Wear **minimum SPF 30** daily and follow other sun protection measures such as avoiding midday sun and wearing hat and sunglasses.
- Begin 4% Hydroquinone cream prescription or Obagi Clear to area twice daily.
- Begin Alastin Skin Nectar twice daily.

### 1 Week Before Treatment

- Discontinue aspirin or other nonsteroidal anti-inflammatory medications such as Motrin, Ibuprofen, Aleve. You may take Tylenol (acetaminophen) for pain.
- Discontinue Vitamin E, omega 3 fish oil supplements, and let us know if you are on any other herbal or non-prescription supplements.

### 1 Day Before Treatment

- Start prescription antiviral medication: **Famvir 500 mg po twice daily x 7 days (Dispense #30).**

### Day of Treatment

Please come to the office with no makeup, no contact lenses, and your hair back away from your face and neck in a band or tie. Wear a lower-cut, buttoned shirt or one that easily comes off. It is okay to eat.

- Keep your head elevated as much as possible (on 2 to 3 pillows) for the first few nights to help reduce swelling and promote healing.

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- Remember to finish all of your oral medication as prescribed.
- Take **Benadryl** 25 mg at night during first 48 hours.
- You may also take Tylenol 500 mg, two tablets, every 6 hours. Please inform us if there is discomfort.

#### **What to do: First 48 Hours**

- **No shower** to face and neck for 48 hours after the procedure. Avoid excessive movement to face and neck. This facilitates healing.
- **Hand-washing is the most important thing you can do to prevent infection. Wash your hands every time before you touch treated area.**
- Apply Alastin first (morning and night), followed by a thick layer of Aquaphor ointment over treated areas during the first 2 to 3 days post procedure
- Do not pick at skin, this is critical to prevent crusting and risk of possible scarring (very rare). Do not rub or scrub during this time.

#### **What to do: First Week**

- Remember to finish all of your oral medication as prescribed.
- Continue Alastin twice a day
- Continue Aquaphor ointment until skin completely healed.
- As skin begins to peel it is critical not to pick!

#### **What to do: After First Week**

- Continue Alastin Skin Regenerating Nectar, to help facilitate healing, enhance results, and decrease redness for first 4-6 weeks until redness is gone. Apply twice a day to support the skin's natural regeneration process, reduce inflammation, and enhance treatment results.
- Important: Practice sun avoidance and start SM Essential SPF Total Defense & Repair or SalujaMD SPF or Sunforgettable (if acne-prone).
- Restart 4% hydroquinone cream once or twice daily as tolerated.
- It is okay to use cover up makeup, avoiding liquid foundation as this may clog pores, consider Colorescience.
- Restart Clarisonic Skin Brush with a new sensitive skin brush head.
- If anything is causing increasing redness, discontinue it and inform our office.

#### **What to do: After First Month and Beyond**

- **Practice strict sun protection.** Wear Medical Grade SPF 30 daily and follow other sun protection measures such as avoiding midday sun and wearing hat and sunglasses. Choose one of the SPFs we offer that suits you best – so that you will comply daily.
- **Begin or resume topical skin care plan 4 to 6 weeks post-procedure. Do not neglect! We cannot stress enough how important it is to maintain your investment and to continue to improve your skin.** Make sure your plan includes a **sunscreen, a topical antioxidant, and Blender (hydroquinone) with tretinoin cream.** Follow the doctor's or aestheticians specific recommendations for you as our goal is to customize your plan. You will receive 10% off skin care product prices for the first year post Fractionated CO2 laser treatment.
- **Glow to Go treatments every 3 months is highly recommended to enhance your results. You will**

**receive 10% off price for the first year post-erbium resurfacing.**

**What you might experience after the procedure:**

1. **Redness and swelling** are most common. While swelling may resolve within 1-2 weeks, redness usually becomes very faint by one month, and may last up to 3 months. Redness can be worsened by certain skin products and heat. Sun protection is very important.
2. **Exudates/bleeding/crusting.** Clear fluid (exudates) or blood may ooze onto skin. Frequent wound cleaning and Aquaphor Ointment occlusion during the first days post procedure is critical in preventing crusting. Do not rub/scrub.
3. **Dry skin and peeling** are usually reported 2-7 days post procedure. Sometimes, another round of peeling is seen 1-2 weeks later. Do not rub/scrub or pull on loose skin. After wounds close in 48 hours, you may continue with thinner layer of Aquaphor Ointment to help relieve dry skin.
4. **Acne or milia formation:** Flare-up of acne or formation of milia possible and may appear 2-4 days post treatment. This is usually self-limiting and resolves within one week. Do not pick at lesions.
5. **Pain** may linger after the procedure is completed.
6. Risk of **infection** from bacterial, viral or fungal agents exists despite our best preventative effort. Wash your hands! Keep your environment clean! This is a must.
7. **Scarring** may occur from crusting, infection, or simply being exposed to laser. This risk is extremely low with the Fractionated CO2 laser.
8. **Itching** usually occurs as a part of the normal wound healing process, but may occur as part of infection, poor wound healing, or contact dermatitis. This usually occurs 3-4 days post procedure and may last up to one week. Cold compresses (20 minutes on and off) as needed to alter sensation can help. An oral antihistamine such as Zyrtec or Benadryl can also help. A steroid cream such as hydrocortisone twice a day can help. These additional medications should only be used as directed by doctor.
9. **Pigmentary changes:** After treatment, skin may appear darker (hyperpigmentation) or lighter (hypopigmentation) than before. Although most are transient, it could be permanent. There are no actual reports of permanent hypopigmentation in treated patients.
10. **Ectropion:** Very rare is a downward pull of the eyelids that could result after treating the around-the-eye area. Again, this risk is extremely low with the Fractionated CO2 laser.
11. **Non-responsiveness** to laser treatment: Your skin condition may not be corrected or may worsen.

**Call us if you experience any one of the following: If you cannot reach us and it is an emergency, call 911**

- Pain that is not relieved by Tylenol.
- Oozing beyond 48 hours or shallow ulcers.
- Excessive redness, swelling, bleeding, and/or crust or scab formation.
- Excessive itching, especially when accompanied by signs of infection.
- Signs of infection: whitish to yellowish film on treated area, with or without foul odor. You may also develop a fever of 100.4F or above.
- If you are uncertain or have questions.