

## Light Eye/Upper Lip Profractional Treatment Instructions

### Prior to Treatment

1. Avoid any type of sunburn or suntan for **3 weeks** prior to laser treatments. Treatment of tanned skin increases the risk of blistering and/or permanent discoloration.
2. Avoid use of self-tanning lotions **3 weeks** prior to laser treatment.
3. Stop use of products containing retinol (Retin-A, Renova, Differin), glycolic or salicylic acid **1 week** prior to treatment.
4. Valtrex is recommended for those with a history of **herpes, cold sores or fever blisters**. Laser light may cause an outbreak in treated areas leading to more serious complications. A prescription for Valtrex may be called in to a pharmacy prior to treatment.

### Day of Treatment

1. Take Medication: **Valtrex 1 gram tablet**
  - Take 2 tablets on the morning of peel
  - Take 2 tablets 12 hours after first dose
2. Please arrive with cleaned and make-up free skin.

#### What to expect during treatment:

1. A topical anesthetic is applied to and left on the skin for 20 minutes prior to treatment.
2. A warmth or burning sensation may be felt during and immediately after treatment.
3. Aquaphor will be applied immediately after treatment and is to be left on the skin until washing before bedtime. Aquaphor should be reapplied immediately after cleansing to keep skin moist.
4. Facial swelling and redness can be expected after treatment and for the next 1-2 days.

### Post Treatment

#### Follow this routine:

1. Wash with **Gentle Cleansing Lotion** twice a day for 1-2 days.
2. Apply **Aquaphor** to skin after cleansing. Aquaphor may be applied throughout the day for added comfort.
3. On day 2 you may begin to use the SPF 50 in place of Aquaphor during the day. Mineral makeup may be worn as soon as your skin can tolerate it. If the skin is red, dry, or itchy continue to use Aquaphor.
4. Ibuprofen (Advil, Motrin) or Tylenol can be taken as directed for discomfort.
5. Sleep with head elevated to help reduce facial swelling.
6. You can begin to use products containing retinol, glycolic or salicylic acid **1 week** after treatment.

#### Avoid:

1. Heavy exercise, saunas, hot tubs/showers for **48 hours** after treatment.
2. Picking or exfoliating any peeling or flaky that occurs. **This could result in scarring or permanent discoloration.**
3. Sun exposure for **2 weeks** after treatment. An SPF of at least 30 is highly recommended for everyday use and should be reapplied every 2-3 hours when in direct sunlight.

*For best results, a series of 3 treatments, one every 8 weeks is recommended.*

