

BALFOUR DERMATOLOGY

Trust the Skin Experts.

LASER POST-TREATMENT INSTRUCTIONS

For optimal results, patients are advised to follow post treatment instructions carefully.

PRE-TREATMENT

Discontinue using topical retinol/tretinoin/retin-a. If treating with Hair Laser, discontinue plucking/waxing a minimum of two weeks prior to treatment. You may continue to shave, allowing 3-4 days of re-growth prior to treatment.

TYPICAL COURSE OF HEALING

Redness and scabbing is expected and normal, it takes approximately 3-5 days but as long as several weeks to resolve. Each individual will experience a different response post procedure.

WOUND CARE

It is important as the skin is healing to keep the scaling/scabbing skin moist with a mild anti-inflammatory cream/ointment. OTC Vaseline/Polysporin/Aquaphor or Cicalfate can be used. Reapply throughout the day as needed. Continue this application until healed over.

- DO NOT pick the healing skin
- DO NOT keep the area covered for long period of time
- Wear SPF daily and avoid sun exposure as you are healing
- Makeup can be applied once the skin is "closed" and healed over

PAIN RELIEF

A stinging sensation following the laser procedure is common and may be relieved with an icepack or cooling. An ice pack may also be applied at home for comfort and to decrease swelling. When treating on the face, swelling around the eyes may occur and may be reduced with ice and by elevating the head when lying down. Extra strength Tylenol may be taken for pain, however is generally not needed. Significant pain should be reported to our office.

CLEANSING

Mild cleanser may be used to cleanse the area being careful to avoid scrubbing or exposing the area to a direct shower spray. Pat the skin dry with a clean towel. DO NOT RUB DRY.

EXERCISE

Physical exercise is permitted. Prolonged exposure to water, such as swimming, should be avoided for 2 weeks.

SUN PROTECTION

The treated area should ALWAYS be protected from the sun with a broad spectrum SPF. Unprotected exposure to the sun may cause the areas to heal darker or lighter than normal skin. We have a variety of broad spectrum SPF's to offer the best coverage in the office.

INFECTION

Notify us immediately if you experience any of the following symptoms:

- Increasing redness surrounding the treated areas, Increased pain or drainage, becoming hot to the touch.

These instructions contain basic information. If you have any questions or concerns, please call our office at (925)240-9116.

Please remember to cancel or re-schedule 24-48 hours in advance to avoid a fee.