

PRE-PROCEDURE SHOPPING LIST

- Aspirin or Ibuprofen
- Anti-histamine (i.e. Benadryl)
- Ice pack
- Large size gauze and distilled white vinegar (for soaks)

PRESCRIPTIONS TO CONSIDER

- Pain and/or Anti-Anxiety meds to be taken as needed
- Inflammation & Swelling Rx: Medrol dose pack, Predisone 40mg (optional)
- REQUIRED: Anti-Viral: Valtrex 1 gram BID for 10 days (starting day before procedure)
- For darker skin types and those patients with melasma, a bleaching cream such as 4% hydroquinone should be initiated at least 2 weeks before procedure and resumed 1 week after the procedure for 8 more weeks (or longer as directed by Dr. Sobera)

*If there are an allergy to any of these medications, please notify us ASAP!

DAY OF PROCEDURE PROTOCOL

- Before you arrive for your procedure, please eat a meal.
- Shower and wash your face (with an anti-bacterial soap) and hair.
- Wear comfortable clothing
- Arrange for a driver to pick you up if you will be taking pain and/or anti-anxiety meds while at our office
- No make-up or facial creams or sunscreens
- No jewelry (necklaces, earrings, etc)
- Men **MUST** shave areas to be treated the morning of procedure.

Dr. Jenny Sobera, M.D. | Board-Certified Dermatologist
Heather Anthony | Cosmetic Coordinator

Active FX/Deep FX

Post-treatment symptoms may include but are not limited to:

Several hours of a hot “sun burnt” feeling, swelling (eyes may be very swollen for a few days), extreme redness, pin point bleeding/scabbing, weeping/oozing, itching, acne/milia breakouts, extreme dryness, heat/sun sensitivity, blistering, and nausea.

*Call 877-9773 if you experience fever, chills, significant pain or swelling, bad odor, blisters or any other unexpected concerns (press option 8 to leave message if after hours and Dr. Sobera will return the call)

SAME DAY AS TREATMENT

- Apply cool compresses (such as cold towels, ice packs, or frozen peas) as needed for burning or swelling
- Apply light layers of _____
- Take recommended anti-inflammatory and/or pain medication to keep you more comfortable. Benadryl can also be used for itching of skin.

DAY 2 TO 5 POST-TREATMENT

- Apply cold compress (frozen peas) as needed for swelling
- Gently wash with _____ and splash face with cold water. Do not scrub face.
- SOAKS: help with exfoliation; soak gauze or clean white wash cloth and gently apply to skin.
 - Vinegar soak: 1 teaspoon Vinegar: 1 cup water
- Re-apply skin healing ointment every couple of hours
- Face will be red and swollen with possible weeping and oozing (may last up to 3-5 days)
- Ointment can cause acne-like breakouts. Wash skin 2 to 3 times daily to help this clear.
- Avoid picking or scratching skin.
- With proper care your old photo damaged skin should turn brown and flake off over the next 3-6 days.
- Apply Neosporin as needed for any crusty or scabby areas; notify Dr. Sobera if any areas develop a foul odor or become very crusty or if any blisters develop
- AVOID SUN EXPOSURE!!!!

FOR 2 MONTHS POST-TREATMENT

- Avoid prolonged sun exposure, exfoliants (Retin-A) for 4 weeks
- Moisturize with the recommended post laser products
- Wear sun protection (hats/visors) and SPF 30+ with zinc oxide for 8 or more weeks post treatment
- Light mineral make-up is recommended