



TIMELESS

SKIN SOLUTIONS

ResurFX laser treatment before & after treatment instructions

Before treatment communicate with your healthcare provider or clinician about the following:

- If you are pregnant, nursing, or attempting to become pregnant.
- If you have a history of an autoimmune disorder.
- If you have permanent makeup, tattoos or have had micro-blading.
- If you are currently or have recently been on Accutane, anticoagulants, had Gold Therapy for arthritis or taking photosensitizing medications.
- If you have been treated with or are taking any antibiotics.
- If you have any allergies or sensitivity to any topical numbing medications.
- If you have an active cold sore, you may want to postpone treatment. If you are prone to developing cold sores, contact our office at (614) 799-5100 and we will discuss the option of prescription prophylactic treatment.
- If you have had filler within 30 days or have been treated with a neurotoxin within 48 hours before treatment you may want to postpone treatment.

Before treatment:

1. Avoid any known skin irritants such as retinoids and alpha and/or beta hydroxy acids for 7 days prior to treatment unless otherwise directed by your clinician.
2. Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
3. Avoid direct sun exposure, self-tanners, tanning beds, and always use sun protection for at least 4 weeks prior to treatment
4. **All patients with ethnic skin tones** must use hydroquinone for a minimum of 4 weeks prior to treatment. This product down-regulates the pigment in the skin and prepares the skin for treatment.

The Day of Treatment:

- Shave any excess hair in the treatment area
- Men need to be cleanly shaved. Expect no shaving for 72 hours.
- Arrive 45 minutes prior to treatment:

- Clean treatment area w mild cleanser and dry.
- You will apply a layer of numbing cream to the treatment area

After treatment:

Immediately following treatment:

Your skin will be red and flushed, similar to a moderate sunburn in the pattern of the laser. You might experience tightness and mild sensitivity to touch. Redness and swelling will resolve in 24 to 48 hours.

Skin care:

- Be sure to thoroughly wash your hands prior to touching your face.
- Wash your skin 2 times a day with a gentle cleanser, beginning the morning after your treatment.
- Apply Recovery Complex Serum and HA5 in the AM and PM as directed by your provider. Aquaphor can be applied as well, after the Recovery Complex Serum.
- Cold water can be pressed into the area using a clean towel for cooling.
- Gradually resume normal skin care 5 days after treatment. Retinol/tretinoin 7 days after treatment. Makeup may be used 24 hours after treatment.

If your provider recommended a vinegar soak:

- Mix 1 teaspoon of plain white vinegar to 2 cups of cool water.
- This solution may be mixed up ahead of time and kept in the refrigerator.

If the skin gets dry or scabbed, you may soak more often.

- Vinegar soaks may be used. Apply Recovery Complex Serum and Aquaphor 2-3x/day. A hydrator such as HA5 or a moisturizer such as Ceremide may be used if the skin is dry.

Showering:

- It is okay to shower, but do not let shampoo or other hair products get on the face.

No picking, peeling, or scrubbing the skin in any way during the healing process:

- Allow the skin to slough off on its own.
- After the skin has finished sloughing (typically day 4 or 5), your normal washing routine.

1. Post treatment expectations:

- It is normal for the skin to feel "sunburned" and/or tight.
- The skin may be red for the first 1-3 days (or longer) post treatment, and then turn darker as the skin begins to slough.
- It is normal to feel as though the skin looks "older" 1-2 weeks post treatment until the skin regains its hydration content.
- The skin will continue to improve over the next 6-8 weeks as cellular regeneration continues to take place.

2. Possibility of edema (swelling):

- Elevate your head on two pillows to decrease swelling.
- Ice 20 minutes per hour for significant swelling.

- Please know that edema is most common under the eye area.
3. Post treatment comfort measures:
 - OTC ibuprofen or acetaminophen may be used if needed for swelling/inflammation.
 - OTC antihistamine such as Benadryl or Zyrtec may be used to ease itching
 - Apply OTC hydrocortisone 1% to small areas of irritation as needed.
 4. Cold packs may be applied post treatment to ease any temporary discomfort. Please ice 20 minutes per hour, maximum. You may use a frozen bag of peas, or a baggie filled with ice and a small amount of water, but do not apply directly to skin; wrap the ice in a soft cloth before allowing the ice pack to touch the treated area.
 5. If the skin is broken or a blister appears, apply Aquaphor and contact us (614) 799-5100 or contact@timelesssskinsolutions.com.
 6. Sun precautions:
 - Sunscreen (SPF of 30 or greater) may be worn after the majority of your skin has sloughed (usually by day 5). This is very important in reducing post inflammatory hyperpigmentation.
 - Please remember that UVA light passes through the house and car windows.
 - Absolutely no artificial tanning or sun exposure without sun protection, in the 2 weeks following the treatment.
 7. Increased sensitivity to detergents/fabric softeners:
 - Please use pillowcases with no fabric softener during the healing process.
 8. No hot tubs and/or spas for at least one week post-treatment.

If you have any questions or concerns, please don't hesitate to call us at (614) 799-5100 or email contact@timelesssskinsolutions.com. In case of emergency call 911.