

PREPARING FOR  
**RESURFX AND ULTRAPULSE ENCORE ACTIVE FX | DEEP FX**  
LASER SKIN RESURFACING

**PRIOR TO TREATMENT:**

- Avoid sun exposure/tanning for 2 weeks
- Keep a bland, low salt diet one day prior and 2-3 days post.
- Purchase Aquaphor and Hydrocortisone 1% Cream
- **Arrange for driver day of treatment.** You may be pre-medicated and may have swelling around eyes. Both impair ability to operate vehicle.
- Full payment must be received prior to your procedure. We do not accept checks on the day of your procedure.

**TREATMENT DAY:**

- Please arrive 90 minutes before your scheduled procedure time.
- You may receive antiviral medication to prevent a herpes outbreak, pain medication and numbing ointment for one hour.
- Please let us know if you are taking any new medications or have any new medical concerns on the day of your treatment.

**AFTER THE TREATMENT:**

Your skin will burn for up to 2 hours so apply cold packs to soothe the discomfort. Once this sensation passes it will feel like sunburn. For the next 3-5 days you will:

- Wash with gentle cleanser (Cetaphil/CeraVe) using fingers tips **ONLY**
- Apply Aquaphor several times a day to maintain hydration

- Stay completely out of the sun. Apply daily sunblock when the skin has healed.
- Skin will be puffy, especially around the eyes. Sleeping propped up on extra pillows helps alleviate this. You may get significant swelling depending on your individual reaction to the treatment.
- Small bumps that resemble white-heads may appear. Do not pick them, they typically disappear within 24-72 hours
- Skin may feel tight and itchy. Over the counter Hydrocortisone 1% Cream may be used to relieve the itch.
- Skin will be flaky, dry, and may start peeling or sloughing around day 3

**ANALOGY:**

This process is very similar to lifting weights in order to build muscle. When you lift weights you are breaking down muscle fibers that will regenerate into stronger/leaner tissue. Rebuilding collagen to create tighter/smooth skin is very similar. Wrinkles and skin laxity are caused from loss of collagen elasticity that happens with age, sun damage and smoking. The heat that is infused into your skin by this laser helps to breakdown the collagen (like the weight lifting breakdown of muscle), collagen begins to regenerate within a month and will gradually smooth out your skin. While in most cases only need to do this treatment once, it will take your collagen months to fully regenerate. Be patient, the results for your tone and texture are noticeable in the first weeks, while wrinkles, laxity and scars will improve over time.

## **RESURFX | ACTIVE FX | DEEP FX POST CARE INSTRUCTIONS**

Every person is different in the way their skin responds to laser resurfacing. You may experience a strong reaction, or a very minimal one. The range of “normal” is wide. Here are some guidelines to follow, but please call us or come in if you need reassurance that you are progressing in your recovery.

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### **First 2-4 Hours After Treatment:**

1. Take Acetaminophen or Ibuprofen for discomfort.
2. Apply cooling compresses. Avoid direct application of ice to skin.
3. Blow air from a fan to help with cooling process.
4. Keep treated areas covered “glossed” with occlusive ointment (Aquaphor) for up to 4 days.
5. May use fine mist of Thermal water spray.

### **First Night:**

1. Sleep on the back and with the head slightly elevated (continue every night until swelling subsides)
2. Place a towel over the pillow to protect pillow from occlusive ointment.
3. If patient is experiencing irritation to the eye, may use an eye lubricant such as Systane.
4. Avoid environmental irritants (i.e. Dust, dirt, sun, hairspray)

### **Day 1 (First Day After Treatment):**

1. Stay indoors and avoid direct sunlight.
2. Begin washing face 3 times a day with gentle cleanser and tepid water. You may take a tepid shower and wash hair.
3. Re-apply occlusive ointment (“Glossing”) to treated area.
4. Continue to hydrate and eat healthy foods. Avoid alcohol.
5. Avoid exercising until face is healed.

### **Day 2:**

1. Continue washing face up to 3-4 times a day with gentle cleanser and tepid water.
2. Itching (particularly along the jaw line) tends to begin on this day. Hydrocortisone 1% may reduce itching.

3. You may apply extra occlusive ointment, cool compresses, or take an oral antihistamine such as diphenhydramine (Benadryl) for added comfort.
4. AVOID Picking and scratching.

### **Day 3:**

1. Continue to wash face up to 3-4 times a day with gentle cleanser and tepid water.
2. Itching may persist. Use Hydrocortisone 1% as needed.
3. The central aspect of the face will begin to exfoliate today leaving behind soft pink tissue.

### **Day 4-7:**

1. Itching has usually subsided.
2. May start a light exfoliation.
3. Patient may transition to a non-occlusive moisturizer (Eurcerin, CeraVe, Cetaphil etc.) and spot treat drier areas with occlusive moisturizer (Aquaphor).
4. Start non-irritating sunscreen 30+ with titanium oxide and/or zinc oxide when going outside. Avoid direct sun.
5. Most patients will be able to apply mineral make-up to treated area.

### **Day 7+:**

1. May start regular skin care program as long as treated area is healed.
2. Continue to apply a non-irritating sunscreen and use mineral make-up to protect the treated areas.
3. Avoid exposure to excessive sun up to 4 weeks. Hat or clothing must be used to protect the treated areas.
4. May return to exercise program.