



## **ERBIUM YAG Post-Procedure Instructions**

### **Pre-ERBIUM Treatment Instructions**

- Wash face with a mild cleanser, ex; OSVI Soothing Green Tea Cleanser, and pat skin dry at least 45 minutes pre-treatment.
- Apply numbing cream and take prescribed medicine, if any, 45 minutes prior to treatment. If anti-anxiety medicine is prescribed, you will need a driver.
  - Also please make sure that you have completed the following:
    - Valacyclovir does started 1 day prior to the treatment (2 x day on day one and then once a day for 4 days after)
    - Doxycycline- Take the medication 2x a day for 5 days with food and water
    - 1 Pill of Fluconazole taken by mouth on the day of the procedure

### **Immediately After Treatment**

- Keep the treated area DRY and apply nothing for 6-8 hours. No ice, sunscreen, lotion, or soap)
- Ice can be applied after 6-8 hours, Use petroleum ointment to cover any areas that experience oozing. Soft gel ice packs may help alleviate heat sensation and swelling that may occur. Use ice packs for at least 48 hours.

### **First 3 - 4 Days**

- Expect swelling, redness, and sandpaper-like texture.
- Cleanse and moisturize with a gentle cleanser. Once sloughing starts, please allow the skin to heal and DO NOT scrub, rub or use exfoliants.
- Keep clothing away from treated body parts as much as possible to avoid irritation.

### **First Week of Healing**

- DO NOT be alarmed if tiny grid patterns remain throughout the treated area. This should fade within 2 -3 weeks.
- Keep the treated area clean, avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposure to heat and sun.

### **Skin Care Products**

- All of your skincare products should be non-irritating for the first week after an Erbium laser treatment.
- Your skin will be sensitive for the first few weeks after the treatment. DO NOT use products that will cause irritation during this time. DO NOT use abrasive scrubs, toners, or products that contain glycolic acid or Retin-A for the first 4 days.
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- Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you use should be non-irritating and non-comedogenic to avoid breakouts. Reapply whenever your skin feels dry.
- Discontinue the use of bleaching cream while your skin is tender. Restart your bleaching cream 7 - 10 days following treatment.
- It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broad-spectrum protection (UVA/UVB), have a sun protection factor (SPF) of 30 or more, and be used daily. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Diligent sun protection and sunscreen use may lower the risk of laser-induced hyperpigmentation.
- Once the sloughing is complete and your skin has fully healed, you may resume your routine skincare and make-up products, as long as they are tolerable upon application.

### **Possible Side Effects**

- Erbium laser treatment DOES produce side effects. The intensity and duration of the side effects depend on the aggressiveness of treatment as well as individual healing characteristics. Generally, patients who are treated more aggressively experience more intense and longer-lasting side effects.

### **What to Expect After Treatment**

- How you may look and feel immediately after the treatment, you will experience redness and swelling. You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling and redness usually last 3-5 days. To minimize swelling, please do the following:
  - 6 - 8 hours post-procedure, apply cold compresses or soft gel ice packs for 10-15 minutes every 1-2 hours and continue for the next 24-48 hours.
  - Sleep elevated the first night. Use as many pillows as you can tolerate.
  - Heat sensation can be intense for 2-3 hours after treatment. Occasionally oozing can occur in isolated areas for a few days.
  - Redness may worsen over the first few days after treatment. Swelling may be significant and cause some discomfort.
  - You may also notice little dark spots appear on treated areas or a bronzed appearance of skin. Your skin may feel dry, peel, or flake. You may notice a "sandpaper" texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
  - Dead skin is a normal result of laser treatment. The skin should start sloughing off 5 - 7 days after the treatment. Most patients complete this process 7 - 10 days after a treatment on the face. Healing is typically slower (may take up to 2 weeks in other areas such as hands and arms).



- Once sloughing is complete, you may notice some pink-redness for several weeks. Most pink redness resolves during the first week after treatment, but a rosy “glow” can remain for several weeks. Make-up may be applied to minimize redness.
- Some patients may also experience itching or temporary acne breakouts. If you notice any blisters, cuts, bruises, crusting, scabs, areas of raw skin, ulceration, active bleeding, increased discomfort, pain or any other problems, please call us immediately. We can always be reached after hours through our emergency line and happy to speak with you any time.