

## Pixel Pre & Post Care

### PRE CARE

- Avoid prolonged sun exposure for 1 to 2 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use self-tanning products for 2 weeks post treatment.
- Do not use exfoliants for 1 week prior to and 2 weeks post treatment.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) at least 2 or 3 days prior to treatment.
- In some cases, you may be asked to "pre-treat" with lightening agents. Your technician will tell you whether or not and how long to use lightening agents prior to treatment. If you are using or are asked to use lightening agents, discontinue usage 2 or 3 days prior to treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar no later than the day prior to Pixel. **The dose should be 3000-3200 mg/day. Continue after the treatment for a minimum of 5 days.**
- Notify the Spa if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

### POST CARE

**AFTER** your laser treatment, your skin will feel warm to touch and sting as though you have a bad sunburn. You may also experience swelling. **THIS IS NORMAL.** The stinging sensation, as well as the pink / red coloration usually begins about 15 minutes after the treatment. Swelling usually subsides within 12-24 hours, while the redness decreases and resolves over 48-72 hours. Your skin will then feel somewhat dry and rough and may appear a bit darker during this time, usually 4-5 days.

**Upon completion of your laser procedure, it is imperative that you follow the guidelines given below:**

You may apply a cool, water soaked cloth or a water mister (keep in fridge for more relief) to your skin to calm any stinging, redness, or irritation. This can be done as often as necessary, throughout the day and evening hours for 5-10 minutes. Apply any products you have been instructed to use as often as necessary at this point.

If the post treatment swelling of your skin is more than you can tolerate you may use benedryl oral tabs, but this can make you drowsy and you must not drive, drink alcohol or take other medications that are contraindicated with benedryl. Do not take any of these products if you have an allergy to or a known hypersensitivity to any of the components. You may find it difficult to sleep due to the sensitivity of your lasered skin. Try to avoid sleeping on your face if possible.

**Do NOT** apply any glycolic / alpha hydroxy / beta hydroxy / tretinoin / tazarotene / adapalene / azaleic acid / benzoyl peroxide or exfoliating products or self tanners to your skin for 2 weeks post procedure. These products will irritate your skin and may induce hyperpigmentation or discoloration to your newly treated skin.

**Cleanse** your newly lasered skin with cool water only after the first 24 hours. You may begin using a gentle cleanser such as **Cetaphil, Rhonda Allison Foaming Peptide or Citrus Gel cleanser** at that time. Be sure the product you use contains none of the above-mentioned ingredients that can irritate your skin. Cetaphil is available over the counter at most pharmacy and grocery stores and Rhonda Allison products are available at the Spa. Continue with your approved product application. After 24 hours if your redness has not begun to dissipate, you may apply cortisone IN ADDITION to your approved products. Please note: it will sting temporarily...this is normal.

**Any** make up application should be kept to a minimum to avoid disrupting the newly lasered skin. **Avoid** heavy foundations that must be rubbed on. Mineral based face powder is the **ONLY** acceptable face make up during the next 5 -7 days. It can be applied with a powder brush and removed quite easily with approved cleansers. **Jane**

**Iredale** mineral SPF / skin color is preferred over other mineral make ups due to its high SPF 20 level and can be used as a make up as well as a sunscreen. Jane Iredale mineral powder comes in multiple tints, as well as a translucent for those who chose no color. You may apply as often as necessary. There are many mineral powder make-ups available – all are fine for use after PIXEL, but be sure you check the SPF coverage – most do NOT contain a high enough protection factor for adequate care.

**A ZINC based sunscreen MUST** be used at all times during any UV exposure to your treated skin. **This is an absolute must**, or you may find your skin hyperpigmenting, sloughing unevenly, and simply more damaged than before - due to the UV penetration to the freshly treated skin. . A large brimmed hat is also highly recommended ANYTIME you are outside – this will insure full protection against any UV exposure. We have several to choose from and although not expensive will be worth every penny spent.

**ALWAYS** apply your sunscreen 20-30 minutes PRIOR to exposure to insure protection. Also, remember to apply it every two hours NO MATTER what SPF you are using. The ingredients in many sunscreens break down about the two hour mark and you are NO LONGER protected. This is regardless of the SPF factor your sunscreen contains. Apply evenly to all areas of exposure.

**During the next 7 days** - after your laser treatment, you may use a moisturizing, medical grade cream designed specifically for laser treated skin. We will recommend several products depending on your needs . These creams aid in the healing process of your skin by locking in moisture, reducing the chance of any bacterial infection, soothe, and reduce redness and irritation. These products can be used 2-6 times per day, as needed. Some of these products have an oily feeling to them and are best suited for evening use.

**DO NOT pick**, rub, or use a micro-exfoliator or schedule a facial, waxing or other aesthetician services for at least 14 days after your laser treatment. You do not want to remove the dry, rough, dead skin faster than your body wants to. It is serving a purpose during healing and will slough off within the standard healing time of about 7 days. Do not be concerned if your skin takes on a rough, patchy, darkened quality a few days after this treatment, **this is normal** and expected. It will resolve on its own within 4-5 days. You must continue to protect your skin during this time by using an appropriate sunscreen as well as a wide brimmed hat, gloves, or clothing that can protect your skin during this time.

**DO NOT** shave until any swelling has resolved, usually within the next 12-24 hours or so. If you can use an electric shaver during the following 4 days, this is best so not to irritate the treated skin.

**DO NOT** work out or perform heavy manual labor for 48 hours post laser treatment. This is to avoid sweating and the increase in heart rate that can cause your skin to become extremely flushed, due to the increase in blood supply to the area.

**DO NOT** swim in chlorinated water or salt water for 7 days. These environments have a different pH and can irritate your newly treated skin.

**After the initial 7 day period**, you may return to your normal skin care regimen. We recommend that you begin a regimen that fits your life style and can add to the improvement and appearance of your skin. Medical grade skincare products, which are carried in our office, can be applied to your skin without experiencing dryness, irritation or redness upon initial use. They are soothing, hydrating and have been shown to reduce the appearance of fine lines and wrinkles as well as evening out the overall tone and texture of the skin. Our staff is happy to assist you and answer any questions you may have regarding our medical grade skincare product lines, as well as offering you a free skin analysis.

**DO NOT** plan any outdoor activities or activity that exposes your skin to direct sunlight or artificial UV rays. Though we recommend that you avoid this activity always, we require your compliance for the next 7 days.

**DO NOT wax** any area treated by laser for 14 days after your treatment.

**CONTACT** the office immediately for anything that does not feel normal, such as oozing, weeping, blister formation, fever, chills, or a "hot" feeling to certain areas of your skin 2 or 3 days AFTER your laser treatment.

**REMEMBER** - Avoid touching your face or other treated areas. When you need to, make sure your hands are clean so you don't contaminate your treated skin. To insure your laser treatment yields the best possible results, it is necessary that you follow the pre-laser as well as the post-laser instructions completely.

**Please call our office during our normal business hours if you have ANY questions or concerns.**

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me to have my treatment. My signature is valid for pre/post care for Pixel treatments in the future.