



LASER SERVICES

POST-SERVICE INSTRUCTIONS

RESURFX

ENVIRONMENT

Erythema (redness) are likely to occur in the 1 to 3 days following service; this may persist in some individuals. Mild to moderate edema (swelling) and mild to moderate warming sensation may also occur in the 1 to 3 days following service. Some individuals will also experience a "bronzed" appearance that should be short-lived. To reduce redness and discomfort, apply vinegar soaks as needed for the first 3 days. [Prepare a vinegar soak by mixing 16oz of cool distilled water with 1 tbsp of distilled white vinegar. Use a clean washcloth to apply to face.]

Treatment will result in dryness, crusting, and flaking. These areas should flake on their own in 7 to 10 days on the face, and up to 4 to 6 weeks on areas of the body. Failure to adhere may result in hyperpigmentation. Peeling and/or flaking is normal. Ensure moisturizing products are non-irritating and non-occlusive (non-pore-clogging). Use moisturizing products as often as needed for dryness.

A sandpaper-like texture may occur at the treatment area(s). This is normal. Do not attempt to exfoliate this texture away.

Application of cool compresses immediately after treatment is encouraged for 10 minutes of every hour on the day of treatment until bedtime. Sleep in an elevated position.

Intense workouts and sweating should be avoided for several days post-service.

Sun exposure should be avoided for 5 to 7 days following treatment to decrease the chance of spotty pigmentation. Apply sun block SPF 30+ UVA and UVB throughout the treatment period, and regular daily use moving forward. Sunscreen with titanium oxide, zinc oxide provides broader protection.

CHARLESTON AESTHETICS



QUESTIONS?

843-762-9014



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BEHAVIORS

Cleansing: Avoid the use of any acidic or exfoliative products, including a Clarisonic brush, on the skin during your regular or instructed skin care regimen for 5 days post-service. A topical ointment is applied before leaving the office; do not rinse until instructed by your provider.

Product Use: For the first 5 days post-service, following the following at-home care instructions. Note that the Phyto Corrective Gel and Epidermal Repair can be applied as often as is needed. Products containing active or exfoliating ingredients such as retinoic acid, tretinoin, benzoyl peroxide, glycolic acid, salicylic acid, astringents, vitamin C, etc. are permitted only after the 5th day following treatment. Make-up is permitted 2 days post-service.

AM -

1. Cleanse with a gentle cleanser
2. Apply 2-3 drops of Phyto Corrective Gel
3. Apply Epidermal Repair
4. Apply a mineral sunscreen

PM -

1. Cleanse with a gentle cleanser
2. Apply 2-3 drops of Phyto Corrective Gel
3. Apply Epidermal Repair

Observation: If irritation occurs or persists, use hydrocortisone 1% (over-the-counter). If itching occurs or persists, use Benadryl or any non-drowsy antihistamine.

