



THE AESTHETIC CENTER

Contour TRL Deep Laser Resurfacing Pre and Post Treatment Instructions

Please read these instructions thoroughly prior to your treatment

The Sciton Contour TRL (Tunable Resurfacing Laser) is an extremely customizable full field ablative erbium laser treatment. This means the laser removes layers of skin to a precise depth. During Deep Laser Resurfacing, your surgeon is able to treat wrinkles, pigmentation and textural irregularities. While this powerful laser is capable of delivering dramatic results in just one treatment, it is also fully customizable – your downtime after the laser is dependent upon your treatment goals and the depth of your laser treatment.

Proper care of your treated skin will promote healing and prevent complications such as infection and scarring.

You will be provided with a post-treatment kit the day of your procedure; however, there are a few additional items you will need to obtain prior to your treatment.

While these instructions seem long and complex, the skin care routine after laser is really quite simple and repetitive. These instructions are designed to walk you through the process and anticipate the common questions and concerns our patients have during the healing process.

Please obtain these items prior to your procedure:

- ☐ Antiviral medication (sent to your pharmacy prior to your treatment)
- ☐ Any other prescriptions ordered by your provider
- ☐ Distilled water
- ☐ Paper towels (Viva are great)
- ☐ White vinegar
- ☐ Mini fan (optional but helpful)
- ☐ Optional: Oxygenetix Oxygenating Foundation (available at <https://www.oxygenetix.com/products/oxygenating-foundation>)

Preparation

1 Month Before Treatment

- Avoid sun exposure and tanning beds. Wear sunglasses, a hat and SPF 40+ on your face daily.
- If your provider has asked you to use a hydroquinone cream, please start now.

1 Week Before Treatment

- Stop facial exfoliating products including scrubs, AHA's (glycolic acid), and BHA's (salicylic acid). Stop using products containing retinols.
- Please stop all non-prescription blood thinners 7 days before the treatment. This includes Ibuprofen, Naproxen, Fish oil, Flaxseed oil, Vitamin E and Aspirin taken for general health (if you were asked to take Aspirin due to a health condition, please notify your laser provider).
- Please start taking Vitamin C 1000mg (preferably time released capsules) once daily.

3 Days Prior to Treatment

- Please take your first dose of antiviral medication. If this prescription is not at your pharmacy, please contact us at 804-287-2022 so that we may call the prescription in.
- Please ensure you have obtained all necessary items for treatment.
- If your provider asked you to use a hydroquinone cream on your face, please stop now.

Day of Treatment

- Please take Tylenol 1000mg and Ibuprofen 800mg one hour prior to arriving for your laser treatment. Do not take Tylenol if you have liver disease. Do not take ibuprofen if you have kidney disease or stomach ulcers.
- Please have a small meal and drink water prior to your visit.
- Please avoid excessive caffeine the day of your treatment if you are receiving a sedative medication (it can lessen the effect).
- Please arrive to your appointment with your face **clean and free of all** makeup, lotion, sunscreen.
- If you were prescribed sedation, do not take it at home. Please bring it with you to your appointment.
- Please wear loose fitting clothes and a button-down shirt that you do not mind getting soiled during the procedure.
- You **MUST** have someone to drive you home after your procedure. You may not take an Uber or Lyft home.

During Laser Treatment

Visit Length:

Expected total time of your visit is approximately 3.5 hours (this includes preparation for laser treatment, the treatment itself, and recovery).

Be sure to notify your provider if there have been any changes to your health or medications since your last visit.

Your provider will take updated photos of your skin, review the procedure and post-operative instructions, answer any questions you may have, and obtain your signed informed consent.

Management of discomfort:

The amount of discomfort associated with your treatment varies on the depth of the treatment and each person's unique tolerance for discomfort. Various modalities will be used to control discomfort depending on your treatment plan and personal preference:

- ☐ Topical numbing may be applied at our office prior to your treatment. After approximately 30 minutes, the numbing cream is removed.
- ☐ ZimmerChiller provides cryoanesthesia: a powerful stream of ice-cold air to the treatment area to relieve discomfort.
- ☐ Pro-Nox[™] (nitrous oxide and oxygen) is patient-controlled self-administered "laughing gas" and is commonly used during plastic surgery, dermatology, OBGYN, and dental procedures. Pro-Nox is self-administered, meaning you control how much or how little nitrous oxide you need during the procedure to help relieve pain and anxiety during your treatment.
- ☐ Local anesthetic: Depending on the depth of your laser treatment, your surgeon may provide local anesthetic (lidocaine) injections to numb the treatment area.
- ☐ Halcion (triazolam): For Full Face Deep Laser Resurfacing, oral sedation can be provided with Halcion. This is a sedating benzodiazepine medication that was originally used as a sleep medication. Use of this medication will be reviewed with your laser provider prior to your treatment day. If you wish to receive sedation, the medication will be called into the pharmacy for you to pick up in advance and bring to office with you on your treatment day. Do not take this medication until instructed.

Laser Treatment:

Your provider will cleanse your skin to prepare it for treatment.

A numbing eye drop will be placed in both eyes. Our surgeon will then place protective smooth metal eye shields in your eyes to protect your eyes during treatment.

Your surgeon will administer nerve blocks (injection of local anesthetic) to the treatment area.

Your Deep Laser Resurfacing treatment will be performed by your surgeon with the assistance of our nurse. The Erbium Laser treatment takes approximately 30-60 minutes to perform depending on the treatment settings and size of the areas being treated. During your treatment, it is normal to experience a hot or prickling sensation. The room will be somewhat loud due to the laser engine and our cooling machine. We have ear plugs available for your comfort. Some patients prefer to wear their own ear buds during treatment. If you are experiencing a level of discomfort during the treatment that is not manageable, please notify your provider immediately.

Immediately following the laser procedure, the treated area is covered with Aquaphor.

Your provider will give you a post-procedure care kit that includes:

- **Cetaphil Gentle Skin Cleanser**
- **Aquaphor**
- **Elta MD Moisture Seal**
- **Elta MD UV Physical Sunscreen**

What To Expect After Treatment

- Immediately after treatment, oozing of blood or seeping of clear serous fluid (light pink) may occur if the peel is a deep one. This can last for 24-72 hours depending on the treatment depth. This is a process of the skin healing. Your surgeon has applied an occlusive barrier (Aquaphor). This barrier may mix with the oozing material and can be dabbed off with clean gauze. Be sure to reapply Aquaphor to keep the skin hydrated and protected. Never let the skin become dry.
- Redness is normal and expected. Some amount of redness can persist for up a number of weeks depending on the settings used during your treatment. Your provider will guide you on when you may use tinted sunscreen and cover up to camouflage redness, typically around 7-10 days (once the skin has epithelialized and you are no longer using the Aquaphor).
- Most people report a significant burning sensation on the treated skin after the procedure that lasts approximately 2-3 hours. This is completely normal and will resolve. Some patients find a handheld fan to be helpful as well. If using a fan, please make sure the skin is covered with a thick coat of Aquaphor and is not allowed to dry out.
- Immediately after treatment, swelling is common and expected, particularly under the eyes. This usually improves after a few days. To avoid further swelling, you may choose to sleep in an upright position the first few nights after the treatment and avoid salty foods.
- Uneven skin tone and pigmentation is common in the first few weeks. Your provider will monitor your skin and recommend treatment if needed.
- Sunscreen is a **MUST** and should be used daily once the skin has epithelialized. Lasered skin is prone to sunburn and hyperpigmentation from sun exposure in the first 3 months after treatment; however, life-long facial sunscreen use will help protect your skin from photoaging and skin cancer.

After Care Instructions

Day 0 (First 24 Hours)

- Keep your treatment area hydrated with a thick coating of Aquaphor. The Aquaphor is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Reapply the Aquaphor as needed. Do not allow the treated area to dry out. Healing occurs more rapidly if the skin surface is kept moist and protected.
- You do not need to wash or exchange the ointment today. Just keep applying Aquaphor and keep the area clean.
- If you received Halcion sedation for your laser procedure, please do not take benedryl or Unisom sleep medications tonight.

Day 1 (starting AFTER your first follow up visit)

CLEANSING ROUTINE: 4 TIMES A DAY

- The first skin cleansing will be done together in our office at your Day 1 follow up.
- Please have a small meal and some water to hydrate prior to appointment.
- You should perform this cleansing regimen 4 times a day until instructed to stop:
 - Vinegar Cleansing Solution: Add 2 teaspoons of white vinegar to 16 ounces of distilled water (this is your only cleaning solution for now).
 - Gently wipe off all the extra Aquaphor from your face using gauze or a paper towel. Do not try to scrub off any of the crusts.
 - Saturate a paper towel with the vinegar cleansing solution. Apply the saturated paper towel to the treated areas for 5 minutes. Gently wipe any newly loosened debris from your skin. Do not scrub. Some scabs may not break free at first. This is ok.
 - Wet a paper towel with just distilled water. Gently wipe the treated area to remove any vinegar from the skin.
 - It is very important that you DO NOT scrub or pick the scabs. They will come off in their own time.
- Reapply a thick coating of Aquaphor ointment immediately after doing the vinegar wash. Reapply Aquaphor anytime the skin looks or feels dry.

OTHER INSTRUCTIONS

- Continue the antiviral medication until your skin has epithelialized.
- Avoid getting tap water on your face for 3 days (tap water may contain contaminants).

THINGS TO AVOID:

- Do not ice.
- Do not apply anything other than Aquaphor to your face unless directed by your provider.
- Do not pick or scratch the treated area as scarring and pigmentation complications can occur.

- Keep pets and young children away from your face to avoid risk of infection. Avoid dirty or dusty chores.
- Avoid strenuous exercise and sweating until after your skin has healed.
- **Avoid direct sunlight for 2 months** after treatment by regularly minimizing time outside, wearing a hat, wearing sunglasses and using the recommended sunscreen.

Day 2

- You may shower on Day 2 (48 hours after your laser) but avoid getting tap water on your face.
- When showering, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.

Day 8 (This is approximate. Do not switch to these instructions until guided by your laser provider)

- Cleanse skin twice daily with lukewarm water and **Cetaphil cleanser** (this is provided in your after-laser skin care kit).
- You may stop Aquaphor and transition to **Elta MD Moisture Seal** (this is provided in your after-laser skin care kit).
- If you are leaving the house, apply the **Elta MD UV Physical Sunscreen** (this is provided in your after-laser skin care kit).
- If you would like additional coverage of your skins redness, you may apply **Oxygenetix Oxygenating Foundation** (this is available at Oxygenetix.com).

Troubleshooting and Common Questions

- Some amount of itching may be experienced during the healing phase and is completely normal. Oral Zyrtec or Allegra can help alleviate the itching. Oral Benadryl may help itching but can cause drowsiness, so it is best used at night. Do not apply steroid creams to the treated area as this can cause infection. Please contact our office if you have severe itching as it can be a sign of infection
- Over-the-counter Tylenol (acetaminophen) or Advil (ibuprofen) can be used to alleviate post-treatment discomfort.
- Your clinician will inform you and advise you of when make-up can be used and which kind. Generally, our patients are able to wear Oxygenetix Oxygenating Foundation around Day 8 for Deep Laser Resurfacing.

Warning

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at 804-287-2022.

Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching

Patient signature:

Date

Patient MRN#

Witness
