



Pre-Treatment Recommendations for Fractional Laser Resurfacing

Thank you for scheduling your erbium fractional laser treatment with LaVida MeSpa. The instructions below must be followed diligently in order to obtain optimum results.

- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinone's, retinols/retinoids, aspirin, Tazorac, Differin, and Vitamin E products for 3 days before your treatment.
- Clients should come to their treatment with a clean face and no make-up on.
- Avoid extended sun exposure or tanning for 1 week pre & post treatment.
- Clients who are darkly tanned or sunburned should wait at least 2 weeks before being treated in order to avoid additional skin damage.
- If you are prone to cold sores, take an anti-viral medication (such as Valtrex) prior to your treatment.
- Clients who have used Accutane within the last 6 months CANNOT have laser skin resurfacing.

Post-treatment Recommendations for Fractional Laser Resurfacing

- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinone's, retinols/retinoids, aspirin, Tazorac, Differin, and Vitamin E products for up to 5 days post treatment.
- Discomfort can be relieved with cool compresses or acetaminophen (Tylenol). DO NOT ingest aspirin or products containing aspirin until complete healing has occurred. To reduce swelling you may apply ice packs to the treated area. Ice should be wrapped in a soft cloth and applied for 10 to 15 minutes.
- When washing your face for the first 1-2 days, do not scrub. Use a gentle cleanser with no acids.
- Showers are permitted but prolonged bathing is not advised. You may pat the treated area gently with a soft cloth but DO NOT RUB with a towel or washcloth for at least 3 days or until redness subsides.
- Apply a protective ointment to the treated area two or more times daily for 3 to 5 days. This process is critical in keeping the skin hydrated and preventing bacteria from entering the skin.
- It is imperative that you use a broad spectrum UVA/UVB sunscreen with an SPF of at least 20 or higher and avoid direct sunlight for at least 7 days post treatment.
- Within 48 to 72 hours post treatment, you may experience flaking or peeling. This will generally last a few days. DO NOT PICK OR PULL THE SKIN.
- Do not have any other facial treatments for at least 2 weeks post treatment.
- Avoid swimming and contact sports while the skin is healing.