



POST-OPERATIVE CARE INSTRUCTIONS FOR Ultra Pulse CO2/Erbiim Laser Resurfacing

IMMEDIATELY AFTER TREATMENT

DRESSINGS: The treated area will be covered with **Visual Changes® Post Laser Gel** and/or other topicals as directed by your doctor. **Visual Changes® Post Laser Gel** will prevent infections and keep the skin moist during healing. The treated areas may also be covered with an occlusive dressing. If dressing is used, it should be left in place for 24 to 48 hours. The doctor will advise you as to the timing of its removal. Take care to avoid disturbing the dressing while it's in place.

MEDICATION: Most patients experience mild pain during the healing following this procedure for 24 to 48 hours. To accommodate individual tolerances, the doctor will prescribe a pain medication in case you should need it. In addition to your pain medication it is important that you take all prescriptions as directed by your doctor.

SWELLING, BURNING, AND SKIN "WEEPING": There will be significant facial swelling and burning sensation in the first 24 to 48 hours after treatment. This will usually subside after about 48 hours. If your eye area is treated, you can expect it to be very swollen for two to three days. These are normal reactions following this treatment.

WARNING SIGNS: Call **your doctor** immediately if you have any concerns or questions, or if you develop fever or chills. Phone number _____ is answered 24 hours a day.

AFTER DRESSING REMOVAL - usually the day after surgery

SKIN CARE REGIMEN: After the dressing has been removed, or if a dressing was not needed, it will be necessary to completely stay out of the sun and follow a daily skin care regimen four times a day as follows:

1. Gently splash your face with liberal quantities of warm water to remove your prior ointment.
2. Carefully clean the entire treatment area with hydrogen peroxide. Q-tips work well for this. Clean all areas except where there is crusting. The crusting is normal and will fall off over a period of seven to ten days. Take care when cleansing to avoid disturbance of the crusts, as this may cause bleeding and slow healing.

IMPORTANT: Do not pick at or dislodge crusts or scabbing as this may lead to scarring.

3. Apply **Visual Changes® Post Laser Gel** and/or any other topicals as directed by your doctor to the entire treatment area. The area should always remain moist with ointment to facilitate healing and reduce discomfort.

4. This regimen is continued until full re-epithelization has occurred, usually in 7 to 14 days.

COMFORT MEASURES: Discomfort will be significantly reduced if the treated areas are kept moist with liberal quantities of **Visual Changes® Post Laser Gel** and/or any other topicals as directed by your doctor. Ice packs and elevation of the head with pillows will provide comfort and reduce swelling. Be sure to drink plenty of fluids unless contraindicated. No vigorous exercise should be performed without your doctor's approval.

AFTER CRUSTING AND SCABBING HAS HEALED - about 7 to 14 days

We suggest post-operative skin care to assist the skin in the healing process and reduce chances of infection, scarring, and post-inflammatory hyperpigmentation. Your skin care specialist can assist you in the following areas unless contraindicated by your doctor:



PATIENT COMPLIANCE AND PARTICIPATION

In just a few simple minutes a day you can significantly improve the condition of your skin while maximizing your laser resurfacing benefits. **Visual Changes Skin Care International, Inc.®** is an excellent maintenance tool for cumulatively improving the skin's appearance and encouraging a soft radiant complexion.

STEP 1: CLEANSING AM/PM: Once the skin has fully re-epithelized you can start cleansing AM and PM with **Visual Changes® Ultra Gentle Enzyme Cleanser**. Use with warm water gently massaging with fingers, rinse, and pat dry. Be very careful not to disturb the healing process.

STEP 2: REDUCE REDNESS/ERYTHEMA AM/PM: The resurfaced skin will have a red color during healing. This color is normal. The red color will fade to pink and then to normal color over 4 to 10 weeks. We recommend **Visual Changes® Advanced Calming Serum** to help reduce redness and provide antioxidant activity.

STEP 3: PIGMENTATION INHIBITION PM ONLY: Depending upon pigment variation in the post-operative period, **Visual Changes® Skin Lightening Crème** may be added to the PM regimen. It is applied to the dark pigmented areas to facilitate evening of the pigmentation after the PM cleansing.

STEP 4: HYDRATION AM/PM: After morning cleansing, pat dry, and apply **Visual Changes® Light Recovery Complex** or **Visual Changes® Hydrocortisone Crème 2%**. After nightly cleansing, pat dry, and apply **Visual Changes® Light Recovery Complex**, **Visual Changes® Hydrocortisone Crème 2%** or **Visual Changes® Post Laser Gel**.

STEP 5: EYE CARE AM/PM: After morning and evening cleansing, pat dry, and apply **Visual Changes® Botanical Eye Crème** around the delicate eye area for hydration and nourishment.

STEP 6: SUN PROTECTION AM: The treated areas will be extremely sensitive to the sun during the healing phase. Sun exposure must be minimized for about three months following treatment or until pigment variation has completely resolved. **Visual Changes® Ultra Protection SPF 30** should be applied to the skin every morning after cleansing.

PLEASE AVOID FOR THE FIRST 7 TO 14 DAY PERIOD:

Please avoid anything that will cause the skin to heat up and/or perspire for the first 7 to 14 days post laser, which includes but may not be limited to the following: exposure to the sun, heat, steam, exercise, hot shower spray, Jacuzzi, steam room, or sauna. Exposure to such environments may cause stinging, blistering, and interrupt the healing process, which could lead to infection, post inflammatory hyperpigmentation, scabbing, and scarring. You should also avoid intense facial expressions, bending, straining, or athletic activity until the areas are completely healed.

MAKEUP: Camouflage with appropriate make-up is not started until all weeping and crusting has ended. A green liquid make-up will neutralize the red or pink color of the skin. After neutralization, cover with normal flesh-tone make-up. **NO MAKE-UP SHOULD BE APPLIED UNTIL APPROVED BY THE DOCTOR.**

EXFOLIATION OR TOPICAL MEDICATIONS: Mechanical or chemical exfoliators such as AHAs or BHAs, and /or topical medications such as retinoids and/or BPOs should not be used on the skin for at least 4 weeks post-operatively, unless otherwise indicated by the doctor. When they are reintroduced to the skin they should be reintroduced slowly just as one is starting to use them for the first time all over.

Your doctor may recommend a prescription to use in conjunction with this Home Care Compliance Program.
If you have any questions please call your skin care specialist _____