

## Contour Total Laser Resurfacing(TRL)

Patient response can vary after a Laser Resurfacing treatment. Laser Resurfacing is a peel whose precise depth has been determined based on your concerns and the condition of your skin. Typically, the depth of the peel is in the dermis (lower layer of your skin). Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth of your peel. Your provider has customized your treatment for your skin condition, so some areas may have more sensitivity.

### PREP: Start 7-14 Days Pre-Procedure

Preparing and stimulating the skin achieves the most optimal condition prior to a cosmetic procedure. Using the proper skin care 7-10 days prior to a cosmetic procedure creates healthier skin that supports the renewal of skin post-procedure.

Avoid sun exposure to prevent permanent darkening of the skin, blistering, and potential scarring. If this is not possible, you **MUST** wear a minimum of SPF 30 and reapply every 2 hours when outdoors.

Step 1: Cleanser with Gentle Cleanser

Step 2: Optimize with Regenerating Skin Nectar

Step 3: Hydrate with Ultra Nourishing Moisturizer

Step 4: Protect with Broad Spectrum SPF 30+ Sunscreen

### One day before treatment:

#### Lotions

Stop hydroquinone and retinol products.

#### Medications

Start Zyrtec (OR another 24-hour antihistamine such as Claritin or Allegra if you have one of these already) – continue this through day 7 post-treatment or longer if you continue to have itching while the skin heals.

Start Acyclovir 800 mg twice daily, take as directed on the prescription until completed. The laser can cause severe cold sore breakouts.

### Day of treatment:

#### Swelling

Use a cold compress help reduce swelling. Sleeping in an upright position will also help.

Sleeping on your back with an elevated pillow will also help prevent the creation of

prematurely peeling skin.

### Discomfort

A cold compress can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 – 24 hours after the treatment. Do not apply ice directly to skin.

If desired you may spray water mist on skin using the distilled or spring water spray provided.

Post-treatment discomfort may be relieved by over-the-counter oral pain relievers; i.e. Extra Strength Tylenol or prescribed pain medication if ordered by your provider. Oral Benadryl (may be sedating) or Chlorpheniramine may help itching.

### Oozing

Oozing or seeping of clear serous fluid (light pink) may occur. This can last for several days depending on the treatment depth. This is a normal skin healing process.

### Redness

Redness may persist for several weeks depending upon the depth of the peel.

### Skin care

Your provider has applied an occlusive barrier (i.e. **Stratacel**). This barrier may mix with the oozing material and can be dabbed off with clean gauze. Be careful not to rub or scrub the treated area! Do not cleanse or do soaks today.

Peeling and flaking generally occur within 24 hours following treatment and should be allowed to come off naturally. **Do not pick, rub, or force off any skin during the healing process, this could result in scarring and infection!**

### Medications

#### Antihistamine

Continue taking your daily 24-hour non-drowsy antihistamine (**Zyrtec**, **Claritin**, or **Allegra**) for at least one week following your procedure. This will help with the normal itching and swelling experienced during healing. You may add oral Benadryl for breakthrough itching, but this may cause drowsiness. Do not scratch the treated area as this can cause scarring and hyper pigmentation.

#### Steroid

Start **Medrol Dosepak**. This medication helps reduce swelling. Take as directed on the package until you have finished the entire prescription.

#### Antibiotic

Start **Keflex** 500mg tablets 3 times a day. Take as directed on the prescription until finished.

- OR -

Start **Clindamycin** 150 mg 4 times a day if allergic to penicillin or cephalosporins. Take as directed on the package until you have finished the entire prescription.

These protect your skin from superficial infection until the surface layer has healed.

## Day 1 (first day after treatment) through day 15:

### HEAL: 1-14 Days Post Procedure

The healing phase strengthens fragile compromised skin, minimizing risk of complications, and supporting your recovery process. Post-treatment care is the most critical aspect of the healing process. It is imperative that you support your skin

through recovery for superior outcomes.

Step 1: Cleanse with Gentle Cleanser

Step 2: Optimize with Regenerating Skin Nectar

Step 3: Calm with Soothe + Protect Recovery Balm

Step 4: Protect with Broad Spectrum SPF 30+ Sunscreen

## RECOVER: 15+ Days Post-Procedure

These products will continue to support your skin's recovery and rejuvenation even after the visible signs of your treatment subside, further maintaining your investment.

Step 1: Cleanse with Gentle Cleanser

Step 2: Optimize with Regenerating Skin Nectar

Step 3: Calm with Soothe + Protect Recovery Balm

Step 4: Protect with Broad Spectrum SPF 30+ Sunscreen

## Follow-up

Please schedule appointment with aesthetician for the next day to evaluate your healing and progress.

## Medications

The itching and swelling may persist for up to seven days after your peel. Continue your antihistamines (Zyrtec, Claritin, or Allegra) as needed to help treat these symptoms. You may add Oral Benadryl for breakthrough itching, but this may cause drowsiness. Do not scratch the treated area as scarring and pigmentation complications can occur.

Continue your antibiotics and steroids until finished.

## Showering

It is okay to use dry shampoo or take a sponge bath for the first forty-eight hours following your treatment. After that, on day 2, you may resume showing. Do not take a hot shower as this will irritate your skin. Keep the water lukewarm.

When showering, be sure to avoid getting shampoo directly on the treated area. Avoid having water spray directly on your face from the shower.

## Exercise

Avoid strenuous exercise and sweating until after skin has healed.

## Sun Exposure

Avoid direct sunlight and excessive heat for at least three full months after treatment.

## Day 7 – 28:

### Follow-up

Schedule an appointment on day 7 to see the aesthetician for evaluation and to start your regular skin care program.

### Skin Care

You may return to using Retinol and Hydroquinone products with aesthetician specified instruction. Do NOT resume until you have been evaluated by the aesthetician.

No exfoliation using wash cloths, Clarisonic cleansing brushes, Alpha-hydroxy acids or beaded cleansers until cleared by Aesthetician.

Once your skin has healed (no longer wearing the occlusive barrier) you may:

- Begin to wear mineral powder makeup (no liquid foundation until cleared with the aesthetician as it may clog pores and irritate new skin).
- Return to exercise programs.

### Sun Exposure

Avoid sun exposure for 3 months post procedure to prevent hyperpigmentation (permanent darkening of the skin).

Sun block should be used vigilantly for 3 months after the procedure. A minimum of SPF 30 is recommended. It should be reapplied every 2 hours while in the sun, and more frequently when sweating or in the water.

### 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. Signs of infection include:

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

### Emergency Contacts

Doctor Dorner is available twenty-four hours a day. If you are having problems please call the office at 614-336-9000 and press one to have him paged. Be sure to leave your contact information.

For any life-threatening emergencies, you should call 911.

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#### Notes: