



## **PIXEL SKIN RESURFACING PRE AND POST CARE INSTRUCTIONS**

Pixel Laser Treatment is designed for patients with discoloration, sun damage, enlarged pores and rough/weathered texture skin. It is a semi-ablative laser that partially resurfaces the skin, thereby making it effective in reducing/softening acne scars. The treatment is ideally performed as a series of 2 to 6 treatments with 3 to 6 weeks of healing in between. The results of the treatments vary individually and can last anywhere from 12 to 24 months. At that point, maintenance treatments are recommended every 9 to 12 months. It is strongly recommended that patients adhere to a skin care regimen suggested by the practitioner.

**AFTER** your laser Treatment, your skin will feel warm to touch and sting as though you have had a bad sunburn. You may also experience swelling. **THIS IS NORMAL.** The stinging sensation, as well as the pink/red coloration usually begins about 15 minutes after the treatment and last a few hours. Swelling usually subsides within 24-72 hours, while the redness decreases and resolves over 48-72 hours. **You may experience some flaking and/or peeling for 2-7 days.** Your skin will then feel somewhat dry and rough and may appear red and/or dark during this time.

**Upon completion of your laser procedure, it is imperative that you follow the guidelines given below.**

You may apply a cool, water soaked cloth or a water mister to your skin to calm any stinging, redness, or irritation. This can be done as often as necessary, throughout the day and evening hours for 5-10 minutes. **Do not rub or scrub your skin.**

If the post treatment swelling of your skin is more than you anticipated, you may take an Aspirin, Advil, or Tylenol type product to calm the skin or Ibuprofen to help with the swelling. You may also use Benadryl oral tabs, but this can make you drowsy and you must not drive, drink alcohol or take other medications that are contraindicated with Benadryl or one of the other medications listed above. Do not take any of these products if you have an allergy to or a known hypersensitivity to any of the components. You may find it difficult to sleep due to the sensitivity of your lasered skin. Try to avoid sleeping on your.

**DO NOT** apply any glycolic/ alpha hydroxyl/ beta hydroxyl/ tretinoin/ tazarotene/ adapalene/ azaleic acid/ benzoyl peroxide, exfoliating products or self-tanners to your skin. These products will irritate your skin and may induce hyperpigmentation or discoloration to your newly treated skin.

Cleanse your newly lasered skin with warm or cool water only during the first 12 hours. You may begin using a gentle cleanser such as Cetaphil liquid cleanser 12 hours after your laser treatment. Be sure the product you use contains none of the above mentioned ingredients that can irritate your skin. Cetaphil is available over the counter at most pharmacy and grocery stores.

Any make up application should be kept to a minimum to avoid disrupting the newly lasered skin. Oxygenetix Post Procedure Foundation, SPF 25 is recommended should you need the coverage. Oxygenetix comes in multiple tints. This product can be purchased in our office and carries the seal of approval by the American Skin Cancer Association.

There are many mineral powder make ups available for purchase- all are fine for use after PIXEL, but be sure you check the SPF coverage- most do NOT contain a high enough protection factor for adequate care.

A **ZINC** based sunscreen **MUST** be used at all times during any UV exposure to your treated skin. This is an **absolute must**, or you may be even more damaged than before- due to the UV penetration to the freshly treated skin.

A large brimmed hat is also highly recommended **ANYTIME** you are outside- this will insure full protection against any UV exposure.

**ALWAYS** apply your sunscreen 20-30 minutes **PRIOR** to exposure to insure protection. Also, remember to apply it every two hours **NO MATTER** what SPF you are using. The ingredients in many sunscreens breakdown after the two hour mark and you are no longer protected, regardless of the SPF factor your sunscreen contains. Apply evenly to all areas of exposure.

During the next 7 days-after your laser treatment you may use a moisturizing medical grade cream if the dryness is unbearable. If so, use one that is designed specifically for laser treated skin. We carry Mesoesthetic, post- procedure fast skin repair crème that stimulates cell renewal. Aquaphor, Dermatrix or Cetaphil lotion are also approved moisturizers and can be purchased over the counter. These creams will aid in the healing process of your skin by locking in moisture, reducing the chance of any bacterial infection, soothe and reduce redness and irritation. These products can be used 2-3 times a day as needed.

**DO NOT** pick, rub, exfoliate or schedule a facial, waxing or other aesthetician service for at least 7 days after your laser treatment. You do not want to remove the dry, rough, dead skin faster than your body wants to. It is serving a purpose during the healing process and will slough off within the standard healing time of about 7 days. Do not be concerned if your skin takes on rough, patchy, darkened quality a few days after this treatment, **THIS IS NORMAL AND EXPECTED**. It will resolve on its own within 4-5 days. You must continue to protect your skin by using an appropriate sunscreen as well as a wide brimmed hat, gloves and clothing.

**DO NOT SHAVE** until any swelling has resolved, usually within the next 48-72 hours or so. If you can use an electric shaver during the following four days, this is best so not to irritate the lased skin.

**DO NOT** work out or perform heavy manual labor for about 48 post laser treatment. This is to avoid sweating and the increase in the heart rate that can cause your skin to become extremely flushed, due to the increase in blood supply about the area.

**DO NOT** swim in chlorinated water or salt water for 7 days. These environments have a different PH and can irritate your newly treated skin.

**AFTER THE INITIAL 7 DAY PERIOD**, you may return to your previous skin care regimen. We recommend that you begin a regimen that fits your lifestyle and can add to the improvement and appearance of your skin.

**DO NOT** plan any outdoor activities that exposes your skin to direct sunlight of artificial UV ray. Though we recommend that you avoid this activity always, we require your compliance for the next 7 days,

**DO NOT** wax any area treated by laser for 10 days after your treatment.

**CONTACT** the office immediately for anything that does not feel normal, such as oozing, weeping, blister formation, fever, chills, or a “hot” feeling to certain areas of the skin 2 to 3 days **AFTER** your laser treatment. You can reach the Motykie Med Spa at (310) 276-6772.

**REMEMBER-** Avoid touching your face or other treated areas. When you need to, make sure your hands are clean so you don't contaminate your treated skin.

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness's Signature: \_\_\_\_\_ Date: \_\_\_\_\_