



ALBUQUERQUE
LASER CENTER

Patient Instructions for Facial Rejuvenation

PRE-TREATMENT INSTRUCTIONS:

1. Avoid the sun 1-2 weeks before and after treatment or until your provider allows it.
2. Your provider may ask you to stop any topical medications (Retin-A) or other skin care products 3-5 days prior to treatment.
3. If you have a history of perioral herpes simplex virus (cold sores), your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular anti-viral medication.
4. If you are tanned or have a darker skin type, a bleaching regimen may be started four to six weeks prior to treatment.
5. **RECENTLY TANNED SKIN SHOULD NOT BE TREATED!** Treatment within two weeks of active tanning (natural sunlight or tanning booth) may result in hypopigmentation (white spots) that may not clear for several months.

INTRAOPERATIVE CARE:

1. A topical anesthetic may be used; however the skin must be “squeaky clean” prior to treatment.
2. Do not wear make-up on the day of your procedure. The staff will have products available to clean your skin when you arrive at the office.
3. Safety considerations are important during the laser procedure. The patient and all personnel in the operative suite will wear protective eyewear during the procedure to reduce the chance of damage to the eye. Your provider will take all necessary precautions to ensure your safety.

Please see reverse side
for additional instructions.

POSTOPERATIVE TREATMENT CARE:

1. Immediately after treatment, there should be erythema (redness) and mild edema (swelling) in the treatment areas. The erythema may last up to 3-5 days. The treated area will feel like sunburn after treatment.
2. Your provider may use an optional cooling method after treatment to ensure your comfort.
3. Your provider will inform you when you may resume the use of your usual skin care products. Makeup may be used the day after the treatment as long as the skin is not irritated.
4. Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
5. Throughout the course of treatment, use a good UVA and UVB sunblock that contains a minimum of 5% zinc oxide.
6. Avoid picking or scratching the treated skin.
7. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn.
8. The laser treatment is often performed 4-5 times at monthly intervals for the best results.
9. You will want to keep the treated areas well moisturized until the area is healed.

**Call the office with any questions or concerns
at (505) 338-4038 or
After-hours emergencies only (505) 857-3999.**

Cancellation Policy: 24-hours advanced notice is required to cancel or reschedule an appointment. If an appointment is cancelled with less than 24-hours advanced notice, the missed appointment will be counted as one of the sessions in the skin care package. If the cancelled appointment is a single session treatment, a \$50 cancellation fee will be charged to the patient's account.