

MIXTO PRE and POST-TREATMENT INSTRUCTIONS

Pretreatment: Items that need to be purchased before laser treatment:

- ✓ Aquaphor or plain Vaseline
- ✓ Distilled water
- ✓ Plain white vinegar
- ✓ Cotton pads or ball or makeup pads
- ✓ Cetaphil cleanser
- ✓ Sun Screen SPF 30 or higher

Some patients may experience heat rash and may breakouts on the treated area(s) with pimples, whiteheads or cold sores. If you feel you have potential for this, please let us know so we can prescribe prophylactic medications to minimize this from happening.

PRE-CARE INSTRUCTIONS

1. If you are using any lightening/exfoliating products such as Hydroquinone, glycolic acid, AHAs on the treated area(s) please discontinue for at least 24 hours.
2. If you are using any retinol/tretinoin acid or bleaching cream that contains those ingredients on the treated area(s) please discontinue for at least 5 days before treatment.

If you are unsure of your skin care product ingredients please call/text us at 619 692 9300 for more information.

Day 1-4 for face. Day 1-6 for neck/chest:

- Wash face with Cetaphil cleanser and apply Aquaphor or plain Vaseline to treated areas 3-4 times a day or more if needed to maintain a thin continuous layer on your skin. Be sure to thoroughly wash your hands prior to touching your face.
- Do not put ANY other creams, ointments or products of any kind on the treated area(s) until you are told it is okay to do so.
- DO NOT EXPOSE YOUR SKIN TO THE SUN! Remember UVA light passes through the house and car windows.
- DO NOT EXERCISE DURING THE HEALLING PROCESS!!!
- Do not pick, rub, or irritate your skin in any way while healing.
- The treated area(s) may appear red, hot and angry looking during this time. You may apply cold compresses, not ice, to cool the area down. You may use aloe vera **WITHOUT** alcohol in it. Ibuprofen or acetaminophen may be used for pain and discomfort if needed.
- If the treated areas also feel warm and itchy you may apply vinegar soak compresses. How to prepare:
 - 1 TEASPOON OF PLAIN WHITE VINEGAR TO 2 CUPS OF WATER. This solution may be mixed ahead of time and kept in the refrigerator. It is helpful to soak a clean washcloth in the diluted vinegar, wring it out and

lay it over the treated area for ten (10) minutes. Repeat as needed. Be careful not to get any solution in the eyes.

- Apply a new, thin layer of Aquaphor or Vaseline ointment to the treated area immediately after soaking. If the skin gets dry or scabbed too soon you need to reapply or add more of the ointment. The goal is to keep the treated area(s) moist to help with the healing process.
- Edema (swelling) may also occur. Sleeping on 2 pillows with your head elevated is helpful.
- The skin on the face will usually start sloughing on day 4 or 5, neck/chest may take longer. Do not pick at it but allow skin to slough off on its own.
- It is OK to shower but do not let the shampoo or hair products get on the face. Do apply a cool soak after the shower followed by Aquaphor or Vaseline.

Day 4-5 for face. Day 6-10 for neck/chest:

- Make-up may be worn after the majority of skin has sloughed off. This usually occurs on day 4 or 5. You may substitute Vaseline/Aquafor with Growth factor serum & post balm to help with the healing process.
- You can resume your regular cleanser/moisturizers AFTER sloughing is complete. NO retinA, glycolic or exfoliating products.
- Neck/chest: you can keep using Vaseline/aquafor for the area if it the skin has not slough off yet as body areas take longer than face. After 7 days you can substitute with the growth factor and post balm.
- The use of sunscreen with an **SPF of 30 or greater, which contains zinc oxide or titanium oxide, is very important** after sloughing. The use of sunscreen maintains results and helps prevent post inflammatory hyper pigmentation (darker areas).
- A one week follow up visit in person or by virtual is recommended to assess the process of skin healing. Please book your appointment before you leave.
- On average, face takes 7-10 days to fully healed while neck and chest will take 10-14 days so be patient as the first 1-5 days is the reddest and tender looking.

If there is any concern, PLEASE call/text Kearny Mesa 619 692 9300 or Solana Beach 858 755 4366 AND email us photos to patients@beautyandbodylounge.com so we can further assess the situation.

