



Spectrum Erbium Laser Post Care Instructions

Be sure you DO NOT leave our office without your POST-PROCEDURE CARE PACKAGE. Your customized POST-PROCEDURE CARE regimen includes:

1. EltaMD Foaming Facial Cleanser
2. EltaMD Moisturizer - Intense Melting Moisturizing Ointment
3. EltaMD UV Elements Broad-Spectrum SPF 44 Sunscreen

Your procedure has removed some of your skin's protective layer. The delicate new tissue needs protection and help with healing. For best results follow these post procedure instructions. If there are questions or concerns in the days following the procedure, please call our office at **706-543-5858.**

The following appointment has been made for you for follow up. Please make every effort to keep this appointment to assess your results and further post-procedure skincare:

DAY of Procedure

- 1) Cold packs may be applied to the treatment area as needed for discomfort.
- 2) The EltaMD Melting Moisturizer and EltaMD UV Elements sunscreen will be applied immediately after the procedure. You should reapply the Melting Moisturizer every 2-3 hrs as needed for discomfort or dryness.
- 3) Mild erythema (redness) will be present in the treatment area and can last from a few hours up to a few days. Immediately following the procedure, you will experience a mild sunburn sensation that may include some mild discomfort.

4) Your skin will be VERY sun sensitive the day of the procedure. It is best to avoid sun exposure, however, if you go outside you should generously apply the EltaMD UV Elements sunscreen, plus a wide brimmed hat.

5) Unless prior arrangements were discussed, you have been provided valacyclovir to prevent cold sores. You will have already taken your morning dose of valacyclovir. Please remember to take your evening dose of valacyclovir.

General Skincare

Proper skin care is important to protect your new, refreshed skin. You will follow the below instructions for skin care over the first week after treatment:

1) In the morning and evening, cleanse the treated area with the EltaMD Foaming Facial Cleanser.

2) Apply a thin layer of EltaMD Melting Moisturizer to the area after cleansing, as well as several times a day until evidence of dryness or swelling has improved.

3) In the morning, after moisturizing, apply the EltaMD UV Elements sunscreen to the entire face.

- Shower as usual, but be aware that the treated area may be a little temperature sensitive.
- Avoid the use of exfoliants, loofah sponges, and aggressive scrubbing to the treated areas.
- Do not rub, scratch, or pick at the treated area. Treat the area gently. Pat skin dry after bathing or showering.
- Makeup may be applied over the treated area 24 hours after the treatment.
- Avoid shaving the treated area for 48 hours after the procedure.
- Avoid direct contact in the sun during in the first month after treatment. If you must go out, always use your EltaMD UV Elements sunscreen as well as a wide-brimmed hat.
- Avoid chlorine, hot tubs, and swimming pools during the first week after treatment.
- A few days post procedure, you will experience mild peeling of the skin. The peeling is similar to the effects of a sunburn. Continue to follow the skin care regimen above and do not pick at the peeling skin, as it may lead to scarring.