



SwiftScan CO2 Hand/Arm 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 Cleanser
2. EltaMD Moisturizer - Intense Melting Moisturizing Ointment
3. EltaMD UV Pure Broad-Spectrum SPF 47 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 Pure 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 Pure sunscreen, plus clothing that covers the treatment area if your arms were treated.

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 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 Pure sunscreen to the entire treatment area.

- 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.

- Avoid direct contact in the sun during in the first month after treatment. If you must go out, always use your EltaMD UV Pure sunscreen as well as clothing that covers your arms if they were treated.

- Avoid chlorine, hot tubs, and swimming pools during the first week after treatment.

- About one week post procedure, you will begin to 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. It will take 2-3 weeks for all of the treated skin to peel away.