



We are so happy that you decided to trust us with your aesthetic needs! For optimal results and safety, it is important to follow these pre and post-treatment guidelines.

***Please reach out with any questions or concerns you have regarding your treatment –
Call or Text: (918)-779-7590 | soultulsa.com | 1312 E 36th Place, Tulsa, OK***

PRE-TREATMENT INSTRUCTIONS:

1. You will experience 3-7 days of downtime. This means that you will have some redness, swelling, dryness, or bronzing of your skin that may be noticeable. If this will make you uncomfortable to be seen in public, please schedule your treatment accordingly.
2. Please limit sun exposure starting at least 2 weeks before the procedure and continue to limit exposure for 2 weeks after the procedure.
3. Please discontinue 10 days before the procedure any use of the following blood thinners: Aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) such as Motrin, Celebrex, Aleve, and Ibuprofen, and anticoagulants such as Coumadin, Warfarin, Marevan, Lawarin, and Waran. If these medications have been prescribed by another physician/are medically necessary, please inform your provider at Soul before discontinuing these medications. Tylenol (acetaminophen) may be taken for pain.
4. High doses of Vitamin E and other herbal supplements have also been associated with increased bleeding and bruising. Discontinue for 10 days before the procedure.
5. Discontinue Retin-A and skin care products containing retinoids, glycolic acid, salicylic acid, benzoyl peroxide, or other irritating products for 2 weeks prior to the procedure.
6. It is very important that your skin is in the best condition prior to getting this treatment. The healthier your skin, the better your results will be, and the easier your healing process will be. We will not do this treatment on anyone unwilling to invest in daily skincare. We will provide you with some products to use for 2-4 weeks prior to starting your treatment, or we will confirm that you are already on a good regimen. Then, it is highly recommended that you continue to use the products we recommend following your treatment.
7. Do not book a hair appointment or a massage for at least 10 days post-procedure.

Medication: If you have a history of cold sores, please inform your provider prior to your treatment. We can prescribe Valtrex for prevention of a viral breakout from cold sores.



DAY OF PROCEDURE:

1. Expect to be at our office for approximately 1-1.5 hours
2. We will apply topical numbing cream to the treatment area for 15-30 mins
3. Wear comfortable clothes, preferably a loose-buttoned shirt with no collar.
4. Do not wear makeup, mascara, or eye shadow. Ensure treated skin areas are clean.
5. If you want to treat your entire eyelids, we will be inserting metal shields into your eyes. Therefore, if you wear contact lenses, please wear your glasses instead.
6. Continue with your normal medications, excluding the ones listed above.
7. Bring headphones to listen to music or podcasts during the treatment.

WHAT TO EXPECT AFTER TREATMENT:

1. Redness, swelling, and bronzing of the skin are common. Swelling usually resolves within 3-5 days but may last up to 7-10 days. On Days 1-3, you will have the most visible symptoms which will continue to improve daily.
2. Dry skin, which may feel like sandpaper, typically occurs 2-3 days post-procedure. Flaking skin is normal and may continue for 4-7 days, with a secondary round possible 1-2 weeks later.
3. Itching may occur as the skin resurfaces, typically between days 3-5, and can last up to 1 week. The neck and chest, having fewer oil glands than the face, are more prone to this.
4. The flare-up of acne or formation of milia may be due to the use of Ointment. This may appear 3-4 days post-treatment. Usually self-limiting and resolves within 1 week.
5. There should be no significant pain, only the inconvenience of following the aftercare instructions. **Strict adherence to post-care guidelines is essential to minimize complications.**

POST-TREATMENT INSTRUCTIONS:

Please Follow these instructions! The laser created openings in your skin that can take multiple days to completely heal. Infection and other complications can occur if you are not taking appropriate care of your skin during the healing process.

1. You may experience a burning sensation for 1-2 hours immediately after the treatment. Cooling with an ice pack can provide relief to the treated area. Make sure to enclose the ice pack in clean and dry gauze to prevent water and bacteria from penetrating the tissue in the treated area.
2. For the first 24 hours, you may ONLY apply the Revision CMT Post Procedure cream that was provided to you to the treated area. DO NOT USE ANYTHING ELSE!



3. After 24 hours, you may now gently wash your face with the provided Revision Gentle Cleansing Lotion and pat dry, preferably with our Clean Skin Club towels available for purchase. Do not scrub the treated area. Keep the treatment area moisturized multiple times a day with the CMT Post Procedure cream. Once you run out of this, use a moisturizer free of any perfumes or irritating ingredients. We recommend Skinmedica TNS Ceramide Treatment Cream and/or SkinMedica HA5.
4. Apply mineral UVA/UVB sunblock daily with SPF of at least 30 after 24 hours. Avoid sun exposure for 7 days. Use an umbrella, hat, or any other available protection against sunlight while spending time outdoors.
5. Please do not use products that contain active ingredients such as Retinol, AHA, or BHA, or exfoliate for 5-7 days after the treatment.
6. Avoid vigorous exercising for the 2-3 days post-treatment. Increased redness may result from any activity that increases blood flow or body temperature (e.g. alcohol consumption, exercise, and sauna).
7. DO NOT wear makeup for 24 hours. After 24 hours, we recommend mineral makeup such as Colorescience, which we carry at Soul, applied with newly sanitized or new makeup brushes/sponges.
8. Hand washing is crucial to prevent infection. Wash hands before touching treated areas.
9. Sleep on 2-3 pillows to reduce swelling, preferably lying on your back.
10. Change your pillowcase daily.
11. Finish any prescribed oral medications.
12. Avoid salt and alcohol for the first 48 hours.
13. Increase your fluid intake to stay hydrated.
14. Do not allow your pets to be around the treatment area and wash your hands if you touch them.
15. Call/text us at (918)-779-7590 if you experience any one of the following:
 - a. Pain that is not relieved by Tylenol.
 - b. Signs of infection: heavy white/yellow drainage, foul odor, fever above 100.4°F, extreme tenderness, or heat at the treatment site.
 - c. If unsure about infection and unable to reach us, visit an urgent care center or ER. Call 911 if you are experiencing respiratory distress.

FOLLOW UP:

1. We will contact you via text for the next 4 days and would love for you to send us a photo of the treatment area.
2. A follow-up appointment is scheduled for 1 week post-treatment. We are available by phone or text for any questions before then. Trust the healing process — improvements are visible each day.
3. A 6-week follow-up will include a photo review of your results. Please arrive without makeup on your eyes or face or remove it upon arrival.
4. Below is a list of how you can manage any side effects. We are available by phone or text if you have any questions or concerns.

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MANAGEMENT OF SIDE EFFECTS:

Bleeding/Crusting/Exudates:

1. Soak treated areas with vinegar water every 2-3 hours and apply Restorative ointment.
2. Do not rub/scrub (Do NOT pick any scab, no matter how small).
3. Ensure you are not taking any medication that can thin the blood thinners, such as Ibuprofen or Aspirin. Only take Tylenol as needed for discomfort.

Redness/Swelling:

1. Apply frozen peas wrapped in gauze for 20 minutes (as often as needed) for the first 2 days, then every 6 hours thereafter. This can be applied on top of your ointment.
2. Oral antihistamines (such as Benadryl or Claritin) taken at bedtime may help with inflammation and irritation.
3. Increase water intake and reduce consumption of salt.
4. Stay in an upright position as much as possible.
5. Cover-up mineral makeup may be used 7 days post-procedure.

Pain:

1. Take Tylenol as directed, 1-2 tablets every 4 hours.
2. Apply cold compresses every 2 hours.
3. If pain is uncontrollable, call our office.

Peeling or Dry Skin after 4th day:

1. Do not rub/scrub the skin or try to facilitate peeling by pulling on loose skin.
2. Continue moisturizing the area with the TNS Ceramide Cream or post-procedure ointment to help relieve dry skin.

Itching:

1. Take oral antihistamines (Benadryl or Claritin) or Pepcid AC.
2. Topical over-the-counter 1% hydrocortisone cream twice a day after day 4.
3. Cold compresses (20 minutes on and off) as needed to alter sensation.
4. If there is no relief from the above interventions, call/text our office for further intervention.
- 5.

Acne/Milia Formation:

1. Discontinue Restorative Ointment.
2. Do not pick at breakouts (This is very important — picking may cause scarring or unwanted pigmentation).
3. If the breakout is moderate, please call/text our office.

Hyperpigmentation:

1. Continue sun avoidance and protection.
2. Lightening products may be recommended by the provider.