Pre and Post Treatment Care

We are so happy that you decided to trust us with your aesthetic needs! For optimal results and safety, it is important to read thoroughly and follow these 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 7-10 days of downtime. Consider allowing time off work and limiting social activities during this time.
- 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. You may want to arrange for a driver to pick you up after the procedure. If eyelids are treated, swelling around the eyes is common, and having a driver is recommended.
- 4. 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.
- 5. 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.
- 6. 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.
- 7. 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.
- 8. If you are a smoker, this treatment is not recommended for you. Smoking has a negative impact on healing, skin health, and overall treatment outcomes.
- 9. Do not book a hair appointment or a massage for at least 10 days post-procedure.

Medications:

- 1. You will be prescribed Valtrex to begin taking a day before your treatment for the prevention of a viral breakout from cold sores.
- 2. You will be prescribed an anti-anxiety oral medication to **<u>bring with you</u>** on the day of the procedure. We will direct you when to take this **<u>when you arrive</u>** on the day of your procedure. **<u>DO NOT TAKE BEFORE ARRIVING AT SOUL.</u>**



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Please have the following items ready before your treatment day:

- 1. You will be provided with all the skincare products needed during your healing time. Do not use anything else on your face for 2 weeks.
- 2. Bottled Water (16 oz, several bottles).
- 3. White Distilled Vinegar (32oz).
- 4. Three large packages of gauze pads (4 x 4). Available at Walgreens or CVS.
- 5. Benadryl (Diphenhydramine) 25mg (over-the-counter) for itching. This medication may cause drowsiness; avoid driving after use.
- 6. Pepcid AC. Used in combination with Benadryl to help with allergic reactions or itching.
- 7. Frozen peas (for ice pack) to reduce swelling.
- 8. Drinking Straws (optional).
- 9. Hair ties to keep hair off your face and neck during the procedure and post 48 hours.
- 10. Create a home environment free from direct sunlight, vacuum the room, and change linens to reduce infection risk.
- 11. Extra clean pillowcases to change daily. Washing with a fragrance-free detergent may help prevent irritation.

DAY OF PROCEDURE:

- 1. Expect to be at our office for approximately 2.5 hours.
- 2. We will apply topical numbing cream, sign consents, and have you take the prescribed anti-anxiety medication I hour before your procedure.
- 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. No contact lenses— wear glasses instead.
- 6. Shower or shampoo hair before arriving.
- 7. Continue with your normal medications, excluding the ones listed above.
- 8. Arrange for a driver to take you home.
- 9. Bring headphones to listen to music or podcasts during the treatment.

WHAT TO EXPECT AFTER TREATMENT:

- Because the laser penetrates deep into the dermal layers, clear fluid (exudates) or blood may ooze from the skin for the first 48 hours. Crusting or scabbing may form as the exudates or blood dries.
- 2. Redness and swelling are common. Swelling usually resolves within one week, while redness may persist for up to 6 months, gradually becoming faint after one month.
- 3. Days 1-3 will be the most uncomfortable, but this will improve over the next 10 days.
- 4. Dry skin typically occurs 3-4 days post-procedure, resolving with peeling. Peeling is normal and may continue for 4-7 days, with a secondary round 1-2 weeks later.
- 5. Itching may occur as the skin resurfaces, typically between days 3-5, lasting up to 1 week. The neck and chest, having fewer oil glands than the face, are more prone to this.



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- 6. 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.
- 7. 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 creates openings in your skin that 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. For the first 5 days, you will ONLY use vinegar/water soaks and ointment on your skin (see instructions on page 4).
- 2. A Post-Procedure Kit will be provided with all necessary products for the first 2 weeks (see instructions on page 4-5).
- 3. Avoid showering your face and neck directly for 48 hours, although bathing is allowed. Do not let water pressure hit treated areas.
- 4. Hand washing is crucial to prevent infection. Wash hands before touching treated areas.
- 5. Sleep on 2-3 pillows to reduce swelling, preferably lying on your back.
- 6. Change your pillowcase daily.
- 7. Finish any prescribed oral medications.
- 8. Avoid salt and alcohol for the first 48 hours.
- 9. Increase your fluid intake to stay hydrated.
- 10. Avoid strenuous exercise for 7 days. Walking or light exercise is okay as long as you are not in the sun.
- 11. Do not expose your skin to the sun. UVA light passes through windows, so be cautious indoors and in your car.
- 12. Do not allow your pets to be around the treatment area and wash your hands if you touch them.
- 13. 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.

Wound Care Regimen:

Required materials: dry gauze, water (preferably 16 oz/bottle), white distilled vinegar, clean bowl/container, tablespoon. You will ONLY use the post procedure kit provided to you for 2 weeks.



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POST TREATMENT CARE: DAY 1-5

DAY OF TREATMENT: Day 1 of post care is the day you receive treatment. **Start vinegar & water soaks immediately when you get home following the instructions below.** Apply Aquaphor after each Vinegar soak, starting 4 hours post-procedure. DO NOT APPLY Aquaphor until 4 hours post procedure as this may lock the heat in the skin.

For the first 5 days, the ONLY things you will use on your face are vinegar, water soaks, and the Aquaphor.

To prepare the vinegar water:

- Add 2 tablespoons of white distilled vinegar to every 16 oz of water. If using bottled water, pour out 2 tablespoons and add 2 tablespoons of vinegar. Shake/ stir gently and store in the refrigerator.
- Place 5-10 gauzes in a bowl and carefully add in vinegar water until all gauzes are saturated.

What to do:

- 1. Start vinegar & water soaks immediately when you get home.
- 2. Apply Aquaphor after each Vinegar soak, starting 4 hours post-procedure. DO NOT APPLY Aquaphor until 4 hours post procedure as this may lock the heat in the skin.
- 3. Wash hands thoroughly with soap, rinse, and dry before each wound care session.
- 4. Designate the non-dominant hand as the "clean" hand for retrieving wet gauze, and then transfer the gauze to the dominant hand for cleansing.
- 5. Use the gauze to gently pat off oozing/bleeding/ointment on the treated area(s). Use gentle pressure. Ensure that vinegar water is in contact with the skin for at least 5 minutes. Soak longer for areas with crusting. Pat dry.
- 6. Apply Aquaphor after each Vinegar soak, starting 4 hours post-procedure. DO NOT APPLY Aquaphor until 4 hours post procedure as this may lock the heat in the skin.
- 7. Perform vinegar soaks every 2-3 hours (while awake) during the first 24 hours. Set an alarm to wake up at least once during the first night for cleansing. You may gradually decrease the vinegar washes to every 3-4 hours on day 2 and day 3. Continue vinegar wash 2-3 times daily from day 4 to day 7.
- 8. It is very important that you do not have any sun exposure during this time. You cannot use sunscreen during this time.
- 9. You can use an ice pack or frozen peas wrapped in gauze as needed for swelling.
- 10. If breakouts occur, discontinue Aquaphor after Day 3 and use Ceramide Cream (see "Management of Side Effects" section for further instructions for breakouts).



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POST-TREATMENT CARE: DAY 6+

- 1. Continue Vinegar and water soaks 2-3 times daily as needed for comfort.
- 2. Wash your face twice daily using ONLY the cleanser provided. Use the CleanSkin towels provided to dry your face instead of a towel.
- 3. Apply Post-Procedure Repair Complex twice daily after cleansing.
- 4. Use TNS Ceramide Treatment Cream as needed for moisture.
- 5. Continue avoiding sun exposure. Apply SkinMedica Sunscreen when outdoors and wear a hat and protective clothing.
- 6. Do not use any other skincare products.
- 7. Mineral makeup, such as Colorescience (available at Soul), may now be applied with clean hands or brushes.

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.

MANAGEMENT OF SIDE EFFECTS:

Bleeding/Crusting/Exudates:

- 1. Soak treated areas with vinegar water every 2-3 hours and apply Aquaphor...
- 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 Aquaphor.
- 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.



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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 Aquaphor 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.

Acne/Milia Formation:

- 1. Discontinue Aquaphor.
- 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.

