



Iconic Non-Ablative Laser Resurfacing Pre and Postcare Instructions

10-14 DAYS PRIOR:

- Purchase several bags of ice packs/frozen peas
- We recommend purchasing a gentle post laser cleanser and moisturizer
- Do not use any of your Retinol based products
- Do not use any glycolic acid and/or exfoliating treatments
- Avoid sun exposure 2 weeks prior to your treatment
- Do not wax
- If you have a history of cold sores, please call us at 205-415-7536, you will need a prescription for Valtrex to begin the day of your treatment

DAY OF YOUR TREATMENT:

- PLEASE BE ON TIME—we need your full appointment time for numbing and photos.
- Arrive with no makeup or eye contacts.
- Bring a wide brimmed hat to your appointment to wear after your treatment.

- We recommend you eat a meal 1-2 hours, and have no caffeine, 4 hours before your treatment to prevent you from feeling jittery.
- Stay Hydrated. Drink plenty of water before, during and after your treatment. This can help improve your healing time.

POSTCARE INSTRUCTIONS

- **Very Important**—Ice for 10-20 minutes (10-20 on, 10-20 off) every 2-3 hours for the first 2 days to reduce swelling
- Take Tylenol (acetaminophen) for discomfort and Benadryl or Claritin to reduce swelling
- Avoid taking hot showers and redirect shower spray away from treatment area for the first 48-72 hours
- Avoid saunas and hot tubs
- Avoid strenuous exercise for 48-72 hours
- Avoid alcoholic beverages and high sodium foods/drinks for 24-72 hours depending on degree of swelling
- Sleep with 1-2 extra pillows at night, keeping your head raised for the first 2 nights to help reduce swelling
- Do not use any retinol products for 1-2 weeks post-procedure
- Do not use any non-prescription creams without checking with us first for 2 weeks after
- Refrain from any chemical peel treatments or microdermabrasion for 2-4 weeks
- Make-up may be applied the next day, if no blistering occurs

- Avoid scratching, rubbing the treated skin – do not put adhesive dressings over treated areas.
- Men may gently shave 3 days post-treatment
- Avoid direct sunlight for a minimum of 4 weeks after your treatment. Wear a physical sun protection for the next 4 weeks. If actively outdoors, you should reapply your sunscreen every 40-80 minutes and wear a wide-brimmed hat.