Pre-Treatment
It is important to follow all instructions.

- For 6 to 8 weeks prior to treatment, avoid sun exposure, as well as tanning beds and self-tanners. If you are tanned, you may not be treated. Use a sunscreen with a 40+ SPF (recommend Tizo or Colorscience) at all times and reapply as directed by the manufacturer. Sun exposure is defined as direct sun exposure without protection for ten or more minutes.
- Stop using Tretinoin (Retin-A, Differin) and RETINOL products 7 days before treatment. Okay to use other skin care products that do not irritate the skin.
- No aspirin or alcohol 7-10 days prior to treatment.
- Start applying Hydroquinone, if instructed to, one month prior to treatment.

Pick up pre-treatment prescriptions:
- For patients that get cold sores, an antiviral medication such as Acyclovir 400mg, may be prescribed twice daily for 7 days. Start 1 day prior to procedure.
- A steroid, such as Medrol dose pack, may be prescribed for swelling. Antibiotics may also be prescribed.

Pick up supplies required for post treatment
- Hairband
- Alta MD Laser Balm
- Biafine
- White or apple cider vinegar (small bottle)
- Skin Medica or Obagi Gentle Cleanser
- Oxygenetix Moisturizer
- Benadryl
- Hydrocortisone 1%
- Oxygenetix or Jane Iredale Mineral Makeup (optional)
- Tizo/Colorscience Sunblock (optional)

Make sure you do not have anywhere you need to be the next day or two. Get supplies, movies and groceries before you get treatment. Swelling is worse the first day after treatment; most people will not want to go in public for 2-3 days!

If you are a man and your face and neck are being treated, you should be clean shaven before the procedure.

Depending on the type of treatment you will be receiving, you may need to have someone drive you home.

Day of Treatment
- On treatment day, you should wear comfortable clothes and shoes. If your face or neck is being treated, wear a button-down shirt and bring a hat that provides protection post treatment.
- Do not wear makeup.
- You should not wear a watch or any jewelry on treatment day. If you wear contacts, do not wear them on treatment day; bring your eyeglasses instead.
- Take Tylenol 500-650mg if your medical history allows 1 hour before treatment.
Post Treatment

First 24 Hours:

• DO NOT WASH SKIN! Apply Biafine and Alta MD Laser Balm over the treated areas as needed for moisture.

PM

• Elevate head of bed with 2-3 pillows; use old pillowcase and apply thick layer of Biafine or Alta MD Laser Balm over skin before bed. If you skins dries out during the night, reapply as needed.

• If you have problems with itching, okay to use over the counter Hydrocortisone 1%. You can take Benadryl at night to sleep. If you take Benadryl, avoid driving or operating machinery.

DAY 1 AND 2

• Wash 2-3 times a day with gentle cleanser. DO NOT SCRUB, lightly use fingers and reapply Biafine and Alta MD Laser Balm. It is important to keep it clean to avoid infection.

DAY 2

• Start vinegar soaks: Put 1 tsp vinegar in 1 cup cool water and place moist wash cloth over skin for 10-15 minutes. Rinse and reapply Oxygenetix moisturizer. Do this 2-3 times a day. This will help with breakouts and keep bacteria counts down.

• Following treatment normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually 24-48 hours.

DAY 3 THRU 7

• Skin will have a brown appearance until peeling starts. Okay to use high-grade mineral makeup after Day 3. We recommend Oxygenetix Foundation or Jane Iredale Mineral Makeup.

DAY 8

• Okay to resume regular skin care, EXCEPT Retin-A or Retinol products. Can start using Retin-A and Retinol products 10-14 days or when skin is no longer pink.

• Shaving (if applicable) can be resumed once you feel comfortable but be careful water is not too hot.

If there is any increase in pain or increase in skin redness or excessive swelling, call Mill Creek Skin & Laser promptly. Please keep all follow-up appointments with Dr. Lin to access treatment progress. If you have any questions about these instructions or the procedure, please contact us at 425-316-8200.

_________________________________  ________________________________  ____________
Patient Name (Print)                  Patient Signature           Date

MILL CREEK SKIN & LASER CENTER
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