

SAND LAKE

DERMATOLOGY CENTER

ERBIUM LASER TREATMENT INSTRUCTIONS

PRE-ERBIUM TREATMENT INSTRUCTIONS

- Wash face with mild cleanser, ex; Free and Clear, and pat skin dry at least 45 minutes pre-treatment.
- Apply numbing cream (LMX available at Sand Lake Dermatology Center) and take prescribed medicine, if any, 45 minutes prior to treatment. If anti-anxiety medicine is prescribed, you will need a driver.

IMMEDIATELY AFTER TREATMENT

- Keep treated area **DRY** and apply **NOTHING** for 6-8 hours. No ice, sunscreen, lotion or soap.
- Ice and mild moisturizer (we recommend Elta MD Moisturizer available at Sand Lake Dermatology Center) can be applied after 6-8 hours. Use Elta MD Moisturizer or petroleum ointment to cover any areas that experience oozing. Soft gel icepacks may help alleviate heat sensation and swelling that may occur. Use ice packs for at least 48 hours.

FIRST 3-4 DAYS

- Expect swelling, redness and a sandpaper-like texture.
- Cleanse and moisturize with CeraVe, Free & Clear or Elta MD products, all available at Sand Lake Dermatology Center. Once sloughing starts, please allow skin to heal and **DO NOT** scrub, rub or use exfoliants.
- Keep clothing away from treated body parts as much as possible to avoid irritation.

FIRST WEEK OF HEALING

- **DO NOT** be alarmed if tiny grid patterns remain throughout treated area. This should fade within 2-3 weeks.
- Keep treated area clean, avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming or exposure to heat and sun.

SKIN CARE PRODUCTS

- All of your skin care products should be non-irritating for the first week after an Erbium laser treatment. Most ideal to use are CeraVe, Free & Clear and Elta MD (all available at Sand Lake Dermatology Center).
- Your skin will be sensitive for the first few weeks after treatment. **DO NOT** use products that will cause irritation during this time. **DO NOT** use abrasive scrubs, toners or products that contain glycolic acid or Retin-A.
- Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you use should be non-irritating and non-comedogenic to avoid breakouts. Reapply whenever your skin feels dry.
- Discontinue use of bleaching cream while your skin is tender. Restart your bleaching cream 7-10 days following treatment.
- It is **VERY** important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broad spectrum protection (UVA/UVB), have a sun protection factor (SPF) of 30 or more, and be used daily. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Diligent sun protection and sunscreen use may lower the risk of laser-induced hyperpigmentation.
- Once the sloughing is complete and your skin has fully healed, you may resume your routine skin care and make-up products, as long as they are tolerable upon application.

WHAT TO EXPECT AFTER TREATMENT

- Erbium laser treatment DOES produce side effects. The intensity and duration of the side effects depends on the aggressiveness of treatment as well as individual healing characteristics. Generally, patients who are treated more aggressively experience more intense and longer lasting side effects.

HOW YOU MAY LOOK AND FEEL

Immediately after the treatment, you will experience redness and swelling. You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling and redness usually lasts 3-5 days. To minimize swelling, please do the following:

- 6-8 hours post-procedure, apply cold compresses or soft gel ice packs for 10-15 minutes every 1-2 hours and continue for the next 24-48 hours.
- Sleep elevated the first night. Use as many pillows as you can tolerate.
- Heat sensation can be intense for 2-3 hours after treatment. Occasionally oozing can occur in isolated areas for a few days.
- Redness may worsen over the first few days after treatment. Swelling may be significant and cause some discomfort.
- You may also notice little dark spots appear on treated areas or a bronzed appearance of skin. Your skin may feel dry, peel or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- Dead skin is a normal result of laser treatment. Skin should start sloughing off 5-7 days after the treatment. Most patients complete this process 7-10 days after a treatment on the face. Healing is typically slower (may take up to 2 weeks) on other areas such as hands and arms.
- Once sloughing is complete, you may notice some pink-redness for several weeks. Most pink-redness resolves during the first week after treatment, but a rosy “glow” can remain for several weeks. Make-up may be applied to minimize redness.
- Some patients may also experience itching or temporary acne break outs.

If you notice any blisters, cuts, bruises, crusting, scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, or any other problems, please call us immediately. We can always be reached after hours through our emergency line and are happy to speak with you any time.