



IV SEASONS SKIN CARE
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POST TREATMENT INSTRUCTIONS FOR **PROFRACTIONAL ERBIUM LASER**

Anticipated Reactions Post Profractional Erbium Laser

- ∞ Healing is usually painless.
- ∞ Mild redness may occur.
- ∞ Pinpoint bleeding immediately after treatment.
- ∞ Some swelling may occur.
- ∞ Swelling varies according to the depth of the treatment and the degree of skin laxity.
- ∞ Skin will feel tight.
- ∞ Skin may or may not peel depending on the depth of the treatment.
- ∞ Complete healing should occur in an average of 3-5 days, and 5-10 for deeper treatments.
- ∞ Occasional itching may occur. Take Benadryl as needed for itching.
- ∞ A mild degree of oozing may occur.

To Aid in Optimal Results and Healing

- ∞ Cool compresses or ice packs can provide comfort.
- ∞ Wear protective clothing, hat and sunglasses.
- ∞ Avoid the use of extreme facial expressions.
- ∞ Sleep elevated at a 30 to 45 degree angle for 24-48 hours.
- ∞ Avoid sun exposure and the use of sunscreens until healing has occurred. About 1-3 days.
- ∞ Cleanse 3-4 times daily with a gentle cleanser. Then, apply Aquaphor ointment. Both will be given to you by your esthetician.

- ∞ ***DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. TO DO SO COULD RESULT IN SCARRING AND INFECTION!***

- ∞ Avoid strenuous exercise and sweating.
- ∞ Do not allow shampoo to run into treated areas while bathing or showering.
- ∞ Sleep on your back with head elevated when possible.
- ∞ Do not wear makeup while skin is healing.
- ∞ Take all of your antiviral prescription.

Notify your Esthetician or Doctor if:

- ∞ You experience extreme pain, redness or a rash that does not disappear.
- ∞ You experience an outbreak of a herpetic lesion (cold sore)
- ∞ Anything unusual occurs.