

# NORTH METRO DERMATOLOGY

## PRE- AND POST- CARE INSTRUCTIONS: SCITON® LASER RESURFACING

Patient response can vary. Redness, swelling, and sunburn-like discomfort typically occurs within a few minutes of laser application. The severity of redness and healing time will increase with the depth of your peel (just as with a sunburn).

### Pre-Treatment Instructions

- Discontinue retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients three days before treatment.
- Follow specific skin prepping guidelines for indicated time frame to minimize risk of developing post-inflammatory hyperpigmentation.
- Take prescribed medication(s) to help prevent cold sores and/or infection.
- Tan skin cannot be treated. Direct sun exposure and tanning lights should be avoided two weeks before treatment. Always use a SPF 30+ sunscreen containing 5%+ zinc oxide (EltaMD or NMD Sunscreen preferred).
- Ten days before treatment, avoid the following medications and supplements that may increase the risk of bruising: Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Excedrin (all OTC pain pills except Tylenol), Vitamin E, Multi-Vitamin, Gingko Biloba, Omega-3 Fatty Acids, Cod Liver Oil, Fish Oil, Flax Oil, CoQ10, Garlic and Ginger. If you are taking any blood-thinning medications as per doctor's orders (such as Coumadin, Warfarin, Plavix, Lovenox, Aspirin), do not discontinue without first consulting with the prescribing physician. The chance of developing an injection-related hematoma (blood clot) is higher when taking these medications.
- Do not drink alcohol within two days before treatment as this may increase the risk of bruising.

### Post-Treatment Instructions

- Use a cotton pad moistened with cool water and/or EltaMD Dermal Wound Cleanser to gently blot treated area to remove discharge. Do not pick or scrub the treated area. Take special care to avoid manipulation of treated area to minimize risk for scarring and unwanted pigment changes. Do not use cleanser (other than EltaMD Dermal Wound Cleanser) until instructed at follow up visit.
- Apply Skin Wise Organics Soothing Barrier Ointment routinely to keep treated area moist. It is important for the treated area to remain soft and pliable. Avoid all other skin products, including sunscreen and makeup, until instructed otherwise at follow up visit.
- Avoid direct sun exposure and tanning lights for at least two weeks or until treated area is well healed. It is important that your skin is shielded from sun exposure while commuting with a physical barrier (wide brimmed hat, mask, sunglasses).
- Avoid strenuous activity and exercise until treated area is well healed.
- Avoid swimming, saunas, and steaming until treated area is well healed.
- Cool compresses can be used after treatment to provide comfort and reduce swelling.
- OTC oral pain relievers may be used to relieve discomfort.
- Continue with prescribed medications as instructed.

**PLEASE CONTACT OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS.**

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