

NORTH METRO DERMATOLOGY

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

Patient response can vary. Redness typically resolves within 2-4 weeks but can last longer depending on skin type, location, and treatment aggression. Swelling typically resolves within one week. A sunburn or stinging sensation typically resolves within one hour but may last several hours.

Pre-Treatment Instructions

- Discontinue retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients three days before treatment.
- Avoid cosmetic and dermatological treatments in treatment areas for two weeks before treatment.
- If instructed, follow specific skin prepping guidelines for indicated time frame to minimize risk of developing post-inflammatory hyperpigmentation.
- If instructed, take prescribed medication(s) to help prevent cold sores and/or infection.
- Avoid sunless tanning products for two weeks before treatment.
- 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

- Clean skin twice daily with a soft cotton pad moistened with cool water and/or EltaMD Dermal Wound Cleanser* by gently blotting treated areas.
- Use an ointment to keep treated areas hydrated while healing (Skin Wise Organics Soothing Barrier Ointment preferred). Apply after cleaning skin and reapply as needed to keep skin moist.
- Other than specified cleanser and ointment, avoid all skin care products, including sunscreen and makeup.
- Do not pick or scrub the treated areas. Take special care to avoid manipulation of treated areas to minimize risk for scarring and discoloration.
- Cool compresses can be used to reduce stinging and swelling.
- Facial swelling can be minimized by sleeping upright.
- Avoid direct sun exposure for at least two weeks or until treated areas are 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 healed.
- Avoid swimming, saunas, and steaming until healed.
- Avoid cosmetic and dermatological treatments until healed.

*This product is classified as an eligible expense by most HSA, HRA, and FSA plans. Check with your plan's administrator to confirm qualifying expenses, as well as any supporting documents that may be needed to substantiate your claim.

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

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