

PIMA DERMATOLOGY

ADULT / PEDIATRIC / COSMETIC / LASER & SKIN SURGERY

STARLUX FRACTIONAL LASER PRE AND POST-CARE INSTRUCTIONS

Prior to Your Laser Procedure:

1. Four days prior to your procedure, stop the use of all topical skin care products, such as Glycolic, Retin-A, Lactic Acid and Acne formulations.
2. Use only mild skin cleansers, moisturizers and sunscreens for four days before the procedure.
3. Avoid excessive sun exposure for seven days before the procedure.
4. Bring a hat and sunglasses to the procedure as you may be sensitive to the sun and heat when you leave the office.
5. You will be given the option of using a topical anesthetic prior to your treatment. If you chose to use the topical anesthetic, please follow the separate instruction sheet provided.

Post Laser Procedure:

1. Take an antihistamine or Benadryl (25 mgs) after your treatment as prescribed or recommended.
2. Apply ice for about 10 minutes every hour for the first 4 to 6 hours or until you are comfortable. Ice as needed. If it feels better than the direct application of your ice packs, soak a face cloth in ice water and apply it directly to your face.
3. Two hours after the procedure, apply plain moisturizer and sunscreen. Reapply approximately every hour, or whenever you feel dry, itchy or uncomfortable.
4. Avoid any aerobic exercise or exposure to the sun and heat for 3 to 4 days after the procedure.
5. Sleep with an extra pillow, elevating your head, for 1 to 2 nights after the procedure.
6. Do not apply makeup for 3 days after the treatment.
7. Drink plenty of water for 48 hours following the procedure.
8. Resume your normal skin care routine 7 days after the procedure.
9. It is normal to develop a rough texture to the skin a few days after the procedure. This is a superficial scab and will best respond to your use of a moisturizer.
10. If swelling, acne eruptions or redness last longer than three days, or if you have any questions or concerns, please contact our office at 520.795.7729 Ext. 215.