

LASER/ LIGHT SOURCE: PRE and POST-OPERATIVE CARE

Reactions may occur after laser or light based treatments. Most significant side-effects are quite unusual and generally preventable. This is a general overview of care and may not apply to your laser/light procedure. Follow these preventive steps to ensure you achieve the maximal benefit from your procedure.

PRE-CARE

- Bruising- If develops, will clear in most people by 10-14 days without treatment. Prevent bruising by avoiding Aspirin, Ibuprofen, Aleve, Advil, Motrin, Vitamin E, ginseng, ginkgo, garlic, and alcohol 10 days before your procedure. Do **NOT** stop these medications if they have been otherwise prescribed for a health condition.
- No Tanning!!- Tanning will increase your risk of side effects (like blistering or unwanted color changes in the skin), will lower your treatment effectiveness, and is just not good for you.
- Medications- Please inform your doctor if you have taken Accutane (Isotretinoin) in the last year, had previous chemical peeling or resurfacing procedures (including laser, dermabrasion), had previous radiation treatment to the area being treated or if you have any concerns about medicines, herbals or over the counter drugs that you may be taking. Do **NOT** take tetracycline antibiotics, Bactrim, hydrochlorothiazide or other drugs that may make you sensitive to the sun unless approved by Dr. Poole.
- Pigmentation- If you have a history of developing dark spots with acne, scrapes, or cuts discuss this with your doctor. Treatment with a bleaching cream may be helpful.

POST-CARE

- A soothing ointment such as Aquaphor, Aveeno Lotion or Aloe Vera Gel may be used for a few days after laser treatment. Refrigerating these products will enhance their cooling effects.
- Feeling hot, red or swollen- Apply frequent cold packs or compresses. A bag of frozen peas or corn molds readily to most body areas and can be quickly re-cooled in the freezer.
- No Tanning!!- Tanning of some unhealed laser treated areas can result in uneven skin discoloration. Daily use of a sunscreen with SPF of 30 or more is recommended. Sunscreens that contain Avobenzone (Parsol 1789), Mexoryl, Titanium Dioxide or Zinc Oxide are particularly effective.
- Blisters, sores, skin breakdown (rare)- Clean twice daily with hydrogen peroxide that has been diluted with an equal part of water. Apply polysporin ointment and cover with bandage after cleaning. If signs of infection occur (increasing pain, redness, swelling) call our office.
- Scarring (rare)- persistent red, raised, firm, itchy areas may be a sign of impending scar. If you are concerned that a scar may be developing, please contact our office.