



Skin Tightening and Wrinkle Reduction Patient Instructions

Pre-Treatment Instructions:

- 1) Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
- 2) If you had a history of perioral herpes simplex virus, your provider may recommend prophylactic antiviral therapy.
- 3) If you are tanned or have darker skin type, a bleaching regimen may be started 4-6 weeks before treatment.
- 4) **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) after treatments and this may not clear for several months.
- 5) The use of self-tanning skin care products must be discontinued one week before treatment. Any residual self-tanner must be removed prior to treatment.

Intraoperative Care:

- 1) The skin is cleaned thoroughly prior to treatment. A topical anesthetic may be used.
- 2) When treating the upper lip, the teeth may be protected with moist gauze. The gauze also serves to support the lip during treatment, allowing a surface to push against.
- 3) The DCD (cryogen skin cooling) device may be used during the laser treatment.
- 4) Safety considerations are important during the laser procedure. Protective eyewear will be worn by the patient and all personnel in the operative suite during the procedure to reduce the chance of damage to the eye. Your provider will take all necessary precautions to ensure your safety.

Post-Treatment Instructions:

- 1) Immediately after treatment, there should be mild erythema (redness) and mild edema (swelling) at the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment. Some patients note that their skin feels pleasantly warm after treatment.
- 2) Your provider may use an optional cooling method after treatment to ensure your comfort.

- 3) Your provider will inform you when you may resume the use of your usual skin care products. Makeup may be used after treatment as long as the skin is not irritated.
- 4) Avoid sun exposure to reduce the chance of hyperpigmentation.
- 5) Use sunblock (SPF 30+) at all times throughout the course of treatment.
- 6) Avoid picking or scratching the treated skin.
- 7) There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
- 8) The laser treatment is often performed 4-5 times at monthly intervals for best results. You may notice immediate as well as longer term improvement in your skin.
- 9) Call us at 781-938-1888 with any questions or concerns.

Patient Name _____

Patient Signature _____ Date _____