



Client Pre & Post Care Instructions **Erbium Fractional Treatment**

Thank you for scheduling your Erbium Fractional Laser treatment with Golden Laser Aesthetics. The instructions below must be followed diligently in order to obtain optimum results.

Pre Care Instructions

- Avoid all active skin care ingredients such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinols/retinoids for 3 days before your treatment.
- Clients should come to their treatment with a clean face and no makeup on.
- Avoid extended sun exposure or tanning for 2 week pre & post treatment.
- Clients who are tanned or sunburned should wait at least 2 weeks before being treated in order to avoid additional skin damage.
- If you are prone to herpes simplex of the lips, mouth or face take an antiviral such as Valtrex 3 days prior and 3 days post treatment. Your technician can get you a prescription upon request.
- Clients who have used Accutane within the last 12 months CANNOT have laser skin resurfacing.

Post Treatment Expectations

- Mild Erythema (redness) will be present in the treatment area and can last a few hours up to a few days.
- Clients will experience a mild to moderate sunburn sensation that may include some discomfort.
- Most clients will not experience any significant discomfort.
- Within 48 to 72 hours post treatment, you may experience flaking or peeling. This will generally last a few days. DO NOT PICK OR PULL THE SKIN.

Post Care Instructions

- Avoid all active skin care ingredients such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinols/retinoids for 7 days after treatment.
- Discomfort can be relieved with cool compresses.
 - To reduce swelling you may apply ice packs to the treated area. Ice should be wrapped in a soft cloth and applied for 10 to 15 minutes.
- Acetaminophen (Tylenol) or Ibuprofen (Advil) may be taken for discomfort and swelling. DO NOT ingest aspirin or products containing aspirin until complete healing has occurred.
- When washing your face, do not scrub. Use a gentle cleanser with no acids.
- Avoid shaving the area for 24 hours after treatment
- Make-up maybe applied 24 hours after treatment
- Apply a protective ointment, such as AnteAGE Stem Bio Gel, to the treated area two or more times daily for 3 to 5 days. This process is critical in keeping the skin hydrated and preventing bacteria from entering the skin.



- The Post-Care System is recommended for best outcome and healing. The system includes AnteAGE Cleanser, Serum, Accelerator, Elta Melting Moisturizer, and SPF.
- Do NOT have any other facial treatments for at least 2 weeks post treatment.
- Avoid hot showers, jacuzzi tubs, and vigorous exercise while the skin is healing