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

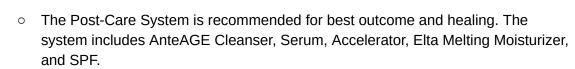
- Avoid all active skin care ingredients such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinols/retinoids for 3 days before your treatment.
- Clients should come to their treatment with a clean face and no makeup on.
- Avoid extended sun exposure or tanning for 2 week pre & post treatment.
- 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.



- 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