



## **ERBIUM YAG POST TREATMENT INSTRUCTIONS**

### **Expectations Following Treatment**

Mild erythema (redness) will be present in the treatment area and can last from a few hours up to a few days. Treatment areas almost always become erythematous. Immediately following the procedure, patients will experience a mild sunburn sensation that may include some mild discomfort. Most patients do not feel any significant discomfort, however, an ice pack (not direct ice) may be applied to help soothe areas with discomfort.

A few days post procedure, patients will experience mild peeling of the skin. The peeling is similar to the effects of sunburn. Continue to follow the skin care regimen offered by your physician. Do not pick at the peeling skin, as it may lead to scarring.

### **General Skincare**

Proper skin care is important to protect the new refreshed skin. Use Aquafor if needed for burning for the first 24 hours following the procedure. Do not wear makeup for 48 hours following the procedure.

Clean the treated area daily with a mild cleanser. Apply a thin layer of mild moisturizer to the area several times a day until evidence of dryness, blistering or swelling has dissipated.

Shower as usual but be aware that the treated area may be a little temperature sensitive.

Avoid chlorine, hot tubs and swimming pools during the treatment program.

Avoid direct contact in the sun during your treatment program. Always use a topical sun protection of SPF 30.

Avoid the use of exfoliants, loofah sponges and aggressive scrubbing to the treated areas.

Do not rub, scratch or pick at the treated area. Treat the area gently. Pat skin dry after bathing or showering.

Avoid shaving the treated area for 48-hours after the procedure.

If you have any questions, please call 756-4000 or email [northsunflowercosmetics@gmail.com](mailto:northsunflowercosmetics@gmail.com)