

eighty-two MAGNOLIA AESTHETICS & WELLNESS

Ablative Laser Treatment (CO2 /Erbium Lasers)

Pre Care

- You cannot be treated if you are pregnant.
- Dress comfortably and wear appropriate clothing so we can access the treatment areas.
- Please leave your jewelry at home. We cannot be responsible for jewelry left behind.
- Discontinue use of exfoliants, retinols, Vitamin A and C or heavy-duty, active or abrasive ingredients 5-7 days before and after your service.
- No neuromodulators (tox) for 2 weeks prior to treatment
- Avoid anti-inflammatory medications, such as Motrin, Advil, Aspirin, or other ibuprofen products for 1 week prior to treatment. Use Tylenol if needed.
- Patients with known history of herpes simplex infections (cold sores) may be prescribed prophylactic medications if needed.
- Wait 6 months post Accutane use before your procedure, as it may impair wound healing.
- Do not use any type of self tanning products to treatment areas 2 weeks prior to appointment.
- Be vigilant about your sun exposure prior to treatment. This doesn't mean hide in your house. It means be mindful, use plenty of mineral sunblock, hats and sunglasses to avoid a burn. If your skin is tanned or sunburned - you will need to be rescheduled.

What to expect during your treatment

- When you arrive, a topical anesthetic ointment will be applied to your skin for 30 - 60 minutes. You may wish to bring something to read to help pass the time.
- The entire treatment varies in length of time, but usually takes about an hour-ish to complete.
- Although there can be some areas treated that feel more sensitive than others, the laser services are generally well tolerated.
- We do have several options for pain control as well. (Pro-Nox, Sub Z Chiller, CBD Oil)

Post Care

- There is quite a range of available treatment options as far as how aggressive you want/need to be treated. This will be discussed in detail prior to your appointment. Your anticipated downtime will be included in that conversation.

- The treated area will be red, swollen, and tender. The swelling and discomfort will usually last for one to four days. The skin may ooze for approximately 3-7 days. Redness may last for weeks. As the treated area is very delicate, proper wound care is essential for the best results.
- Wound care >> keep skin hydrated at all times to ensure proper healing. Any crusting you develop should not be “picked off.” **DO NOT EXFOLIATE** at any time throughout the healing process.
- Day 1-10 it is important to keep skin hydrated with extra moisturizers during this phase of healing.
- How to manage cool compresses:
 1. Soaking with cool water/vinegar is among the most important aspects of your postoperative care in this part of the healing process.
 2. Cool water/vinegar soaks should be performed frequently while you are awake starting when back at home. Please soak every 1-2 hours as tolerated for first 2 days then every 2-4 hours as long as you have oozing or bleeding.
 3. Fill a large clean bowl with cool tap water and few ice cubes. Add one tablespoon white vinegar for every cup of water. Place a large stack of 4x4 cm gauze pads nearby.
 4. Take a few damp, almost dripping wet, gauze pads and apply them over the treated areas, replacing them before they dry (change every 5 minutes or so. An alternative is to leave the gauze pads in place and dripping cool water mixture repeatedly over them.
 5. After the compress is over, pat yourself dry with a clean, soft towel and reapply hydrators gently. Press them into the skin rather than rubbing.
- Immediately upon waking in the morning, apply the cool soaks (detailed above) for at least 15-20 minutes. This will help loosen any crusting that may have formed overnight. You may shower after initial soak, letting lukewarm water stream over your face (avoid direct contact to face). Do not use any soap on your face. After letting the water stream over your face, shower and wash the rest of the body with warm water. The stream water and steam should help loosen or remove any crusting. You may wash your hair with a gentle shampoo eg. baby shampoo.
- After shower >> perform a second cold compress for 15-20 minutes. Do not pick any crusts off.
- After each cool soak, gently pat your skin dry and then reapply aftercare/hydrators liberally. It is critical to keep your skin protected and hydrated at all times (the skin heals better in a moist environment). Apply with your fingertips (after washing your hands). There is no need to remove moisturizers prior to the next cool soak. After 1-4 hours, perform the next cool soak/hydrator regimen.
- In between cool soaks, you may gently pat your face dry with a clean, soft towel and apply aftercare/hydrators.
- At bedtime, apply aftercare liberally after your last soak. Make sure that the entire treated area is covered. Place an old towel over your pillow to prevent staining. To protect the face and decrease swelling it is best to sleep on your back with your head elevated. Some people roll two small towels and place on either side of their face to prevent them from rolling over at night.
- Day 10 and Onward- Lighter Moisturizer and Sun Protection: Apply sunscreen and reapply as needed. You may switch to a lighter moisturizer. The first two weeks they should be applied at least 3-4 times a day. Afterwards, daily use should become a practice. Avoid exfoliants, harsh abrasive cleansers and acids until completely healed.
- At this point the skin is still healing, you may notice the following side effects: pink or red appearance, you may see new visible blood vessels may appear. The skin may itch, feel tight, or more rash prone. Due to earlier steps you may even develop acne or experience purging. This is temporary.
- After provider approval, you may start wearing make up 1-2 weeks after laser treatment. Remove with mild cleanser. **Avoid scrubbing.**

Quick tips and tricks...

If you are unsure of next steps or if you should use “this or that”... please call the office to verify. Do not use anything not approved by this office.

Finger tips only. No cloths or anything even remotely abrasive. Press products into the skin rather than rub.

It is very common to be red, swollen and itchy while healing. Using Pepcid AC and either Claritin or Zyrtec during the day and Benadryl at night is often helpful.

The vinegar/water soaks can be very soothing.

At NO TIME is exfoliating a good idea while you are healing. I know day 3-6-ish you will want to. Your skin will feel like sandpaper. It's annoying... but do not exfoliate. Let it heal on its own time. Fresh baby skin is forming under there... let it shine when it is ready!!

Please contact us (850)889-8982 if you have any questions.