

eighty-two MAGNOLIA AESTHETICS & WELLNESS

Non Ablative Laser Treatment

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 3-5 days prior to your scheduled 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 1-2 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 sunblock, hats and sunglasses to avoid a burn. If your skin is tanned or sunburned - you will need to be rescheduled.

Treatment

- When you arrive, a topical anesthetic ointment will be applied to your skin for 30 - 45 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)

What to expect after the treatment

Non-ablative Laser Treatment produces side effects. The intensity and duration of your side effects depends on the treatment's aggressiveness and your individual healing characteristics. Generally, patients who receive a less aggressive treatment may experience side effects of greater-than-expected magnitude, while others receiving more aggressive treatment may experience side effects of lesser-than-expected magnitude. Notify your provider if the severity of your side effects becomes a problem for you.

What you may feel & look like

- Immediately after the treatment, you may experience redness, swelling and sometimes pinpoint bleeding. Swelling is expected and normal after your treatment, particularly under the eyes. Swelling usually lasts 2-5 days, typically peaks day #3. To minimize swelling do the following:
 - Apply cool compresses to the treatment area for 10 minutes on the hour for the day of treatment, until bedtime.
 - Sleep elevated the 1st and 2nd night. Use as many pillows as you can tolerate.
 - Drink plenty of water and stay hydrated.
- Heat sensations can be intense for the following 4-6 hours. Occasionally oozing can occur in isolated areas for a few days.
- Over the next few days redness may worsen. Swelling may be significant and cause some discomfort.
- You may notice your skin appears bronzed or little dark spots appear, your skin may feel dry, peel, or flake. You may even notice a “sandpaper” texture a few days post treatment. This is the regenerative process.
- Dead skin is a normal result of the treatment and should slough off in 3-4 days post treatment. Most patients complete this process in 5-7 days post treatment. (On off-face areas, such as hands/arms, where healing is slower, the process may take up to 2 weeks. Do NOT pick off the sloughing skin.
- Once the sloughing is complete you may notice some pinkness in the treated area. Most redness should resolve within week 1. If you wish to minimize redness, apply tinted sunscreen and/or makeup.
- Some patients can experience itching. OTC antihistamines can alleviate this symptom.

Post Care

- Be Gentle! We have created a controlled injury in the skin. Gentle cleansers only. No rubbing, scrubbing or cleansers with grit. Use finger tips rather than cloths. Once the sloughing starts, please allow your skin to heal and Do NOT scrub, rub, or use exfoliants. Keep clothing away from treated area as much as possible to avoid irritation.
- Skin care products should be non-irritating and non-comedogenic (pore clogging) for the next week post treatment. Use only products received or approved by this office.
- Scrubs, Toners, Acids, and Retin A, are not advised for week one post treatment due to skin being sensitive. Do not use products that will cause irritation. Read the labels.
- You may resume your usual skin care regimen once all sloughing is completed.
- Sunblock is very important to prevent damage to the new skin cells. Wear a UVA/UVB mineral sun protection factor 30+. Use sunblock daily and reapply every 2 hours post treatment. Use umbrellas, hats and sunglasses to minimize sun exposure as well.
- Peeling, itching or flaking is normal during the healing process. DO NOT EXFOLIATE!
- Cold sore prone, patient can request cold sore medication.
- Abnormal healing, blisters, cuts, bruises, crusting/scabs, raw areas, ulcerations, active bleeding, oozing or honey crust, increased discomfort or pain, pigment changes or any other complications >> contact your provider as soon as possible.

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