

ALI'I NANI AESTHETIC MEDICINE

www.AliiNani.com

808.674.4300

LASER SKIN RESURFACING PRE-TREATMENT & POST-TREATMENT INSTRUCTIONS

Pre-Treatment:

1. Discontinue tretinoin and exfoliating products (salicylic acid, glycolic acid) 2 weeks before and throughout the course of treatment
2. Use sunscreen with at least SPF30 daily
3. Avoid tanning (excessive sun exposure, outdoor tan, tanning beds, self-tanning creams for 4 weeks before treatment)
4. Please consult Dr. Reed if you have any of the following: history of seizures, pregnancy, treatment of skin cancer, active infections, immunosuppression, open lesions, blood disorders, history of keloid formation, use of medications that compromise healing response, use of Accutane within 6-12 months of treatment, use of systemic steroids, on blood thinners or anti-coagulants.
5. If you have history of cold sores or fever blisters in the treatment area, advise Dr. Reed so you will be prescribed with antiviral which you should start on the day or the day before your treatment and take it for the next 3-5 days.
6. Don't wear makeup or use lotion or cream on the area(s) to be treated
7. Wait 2 weeks after Botox and 2-4 weeks after Fillers before starting laser treatment

Post-Treatment:

1. Use ice pack on the treated area if it feels hot or look red every hour for 15 minutes until symptom subsides.
2. Optional: apply eltaMD laser enzyme gel (available for sale at our clinic, ask the front desk) on the treated area twice a day to ease discomfort.
3. You may experience mild sunburn-like sensation which usually lasts 2-24 hrs or in some cases 72 hrs.
4. Although rare, in case of crusting or blistering, a topical antibiotic should be applied (your doctor will prescribe this to you). Don't pick or remove scabs or blisters.
5. Apply moisturizer on the area if it gets itchy or dry.
6. Use sunscreen with at least SPF30 daily.
7. Avoid excessive exercise, jacuzzi, pool, sauna or hot tubs for 7 days or until redness has resolved.
8. You may require additional treatments to achieve desired outcome.

If you have any questions, call our clinic at (808) 674-4300. Outside clinic hours, email aliinani@hotmail.com. For extremely urgent matters outside clinic hours, call Dr. Reed's hotline (201) 472-3635