



Erbium Laser Skin Resurfacing Pretreatment Instructions

- Drink at least 64 ounces of water per day for two days prior to treatment
- Avoid direct sun exposure for 4 weeks prior to treatment.
- Avoid sunless tanning products for 2 weeks prior to treatment.
- Notify clinician if there is a known history of herpetic outbreak (cold sores/fever blisters): Antiviral prophylactic is recommended.
- Discontinue the use of actives such as retinol or hydroquinone 3 days prior to the treatment.
- Avoid neurotoxin/filler injections for 2 weeks prior to treatment session.
- Avoid treatments such as IPL, lasers or chemical peels for 4 weeks prior to treatment unless otherwise directed by your clinician.
- Avoid anti-inflammatories/NSAIDS (Aspirin, Aleve, Motrin), and fish oil supplements 72 hours prior to the procedure.
- It is important to use any prescribed pre-treatment skincare products or medications as directed by your treatment provider.
- Alert your provider of any medications or supplements you are currently taking as they may affect the outcome of your treatment.

Erbium Post-Treatment Instructions

- Discomfort is minimal and should feel like a sunburn for approximately 2 hours posttreatment.
- Cool compresses may be used if necessary.
- Avoid anti-inflammatory/NSAID medications.
- Swelling is normal; sleep with your head elevated for 2 days post-treatment.
- Sleep on your back, on a clean pillowcase
- Clean treatment area with a mild, gentle cleanser such as Cetaphil, and clean hands twice a day. Gently pat dry with a clean, soft washcloth.
- Reapply the occlusive ointment recommended by your clinician as needed to keep the skin moist until re-epithelialization has taken place. This generally occurs between day 3 and 5. At that time begin applying a gentle moisturizer 2-3 times a day to prevent skin from becoming dry.

- Do not apply any other skincare products unless instructed by your provider.
- Do not scratch or pick at the healing skin.
- Continue to avoid direct sun exposure for the next 4 weeks, for best results up to 6 months. Skin will be more sensitive to the sun.
- You may begin to apply a Zinc/Titanium Dioxide based sunscreen once re-epithelialization has taken place. Reapply sunblock every 2 hours when outdoors.
- Wear a 4-inch brimmed hat and sunglasses whenever possible.
- Remain diligent about keeping cell phones, dirty glasses or other potential contaminants away from tissue.
- Drink at least 64 ounces of water per day
- It is important to use any prescribed post treatment skincare products or medications as directed by your provider.
- You may resume makeup once skin has healed, typically between 5-7 days.
- Avoid vigorous exercise for 1-week post-treatment.
- It is important to use any prescribed post-treatment skincare products or medications as directed by your treatment provider.
- Dark skin is more prone to hyperpigmentation. Notify your provider as soon as possible if you notice any areas on your skin are beginning to darken.
- Contact provider if there is any indication of blistering or infection.