

Radiance

HOMECARE INSTRUCTIONS

RESURFX LASER TREATMENT

Aftercare:

- Days 1-5 post treatment, use only an approved, gentle cleanser and moisturizer (Laser Gel, Silver Gel or Medical Barrier Cream). Moisturize as needed or at least 2x per day.
- Make sure to apply a mineral sunscreen with SPF of 30 or higher, on top of your approved moisturizer. Reapply the SPF every 60-80 minutes for the first two weeks post treatment.
- Resume normal products after 7 days and once flaking/dryness has subsided.
 - If you are a Fitzpatrick V or VI (darker skin tones), start Hydroquinone after 48 hours.

What to avoid:

- Direct sunlight for 48 hours. Limit sun exposure for the next 2 weeks. Wear SPF 30 or higher every day and reapply every 60-80 minutes if outside for a longer period of time.
- **Do not use products with Active Ingredients** for 7 days (Retinol, AHA, BHA, etc).
- Applying makeup for 48 hours post treatment. Mineral makeup is preferred. Please wash all makeup brushes.
- Do not schedule any facials, peels, laser treatments or other skin treatments for 3-4 weeks.
- No exercise, hot tubs, saunas, steam rooms, or anything that exposes you to heat for 48 hours.

What to expect post treatment:

- Redness, swelling, or a "sun burn" sensation may occur. This is a normal response and duration will depend on individual treatments but is typically 1-3 days. You may take a Benadryl or Zyrtec to help with swelling. Cool compresses (no ice packs) can be applied, if necessary, to help relieve discomfort.
- Dry, itchy, or tight skin may occur within the first few days after treatment. Regular application of the recommended products will reduce this sensation. Hydrocortisone 1% may help with itching. Please contact the office for instructions for use if needed.
- A pink or "bronzed" appearance and/or mild flaking may occur within the first few days after treatment. It is important to not pick.
- The laser treatment can result in a purge or breakout post treatment. This is normal and breakouts should resolve within 1-2 weeks. If you are experiencing a large number of breakouts or pustule like breakouts, please call us to be assessed.
- Full results are generally seen 8-12 weeks post procedure. It is best to not use old or expired products, at-home microdermabrasion, scrubs, or peel products during your series of treatments.

It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately! A follow-up for reactions will be necessary within 2 weeks of the treatment date.

During business hours, please call/text 608-240-0088. After business hours, please call/text Taylor Hill, FNP @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.