

Element

Medical Aesthetics

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ULTRA RESURFACING LASER PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Stop any type of exfoliating treatment to the area of treatment, 1 week prior to and after your treatment.
- Stop applying retinol, retinoids (e.g., Retin-A), adapalene (e.g., Differin), tazarotene (e.g., Tazorac), and Aklief 1 week prior to and after treatment.
- Limit UV exposure 2 weeks prior to and after your treatment.
- Stop any type of depilatory treatments (waxing, depilatory creams) to the area of treatment, 2 weeks prior to or after your treatment.
- Stop electrolysis, and any type of laser treatments (laser hair removal, IPL) to the area of treatment 2 weeks prior and after your treatment.

POST TREATMENT INSTRUCTIONS

- Patients may feel a mild burning sensation for one to two hours following the treatment. An ice pack applied to the treated area can provide relief.
- Keep the treatment area moisturized. Use gentle cleanser. Do NOT scrub the treated area. Usually, any crust will separate naturally within five to seven days after the treatment.
- Please do NOT use cosmetics which contain active ingredients such as Retinol or AHA for 1 week after treatment.
- Avoid excessive heat and sweating for 24-48 hours following treatment or until healing has completed.
- Avoid using cosmetics containing alcohol for at least one week after treatment.
- Avoid electrolysis, laser treatments, and waxing 2 weeks after your treatment.

- For at least 20 days after treatment, apply UV A/B sunblock daily with SPF of at least 30. Use a hat, an umbrella, or any other available protection against sunlight while spending time outdoors.

FOLLOW-UP TREATMENT

- Follow-up treatments should be scheduled about every 4–6 weeks.
- Can be done in a series of 3 if trying to reach specific skin care goals or can also be done seasonally.
- Please contact us with any questions or concerns you may have.