

POST-TREATMENT CARE- ALL OPTICS

POST TREATMENT CARE COVERING ALL LUX2940 OPTICS:

- Immediately post-treatment, cool compresses may be used to soothe the skin. Refrigerated, saline-soaked wipes are recommended.
- An open method of wound management should be used. A clean, moist environment should be maintained until the area has sufficiently reepithelialized and no longer feels dry and tight. The use of a neutral, occlusive ointment is required to prevent water loss. This ointment should be consistently applied by the patient for the first 4 post-treatment days. If proper healing occurs after this period, the ointment should be used as a spot treatment for areas of dryness.
- The use of a gentle cleanser twice a day is permitted after treatment.
- The use of Tretinoin (Retin-A, Renova) and topical corticosteroids should be avoided for 1-2 weeks after treatment.
- Soak treated areas for 15 minutes with wet gauze to gently remove debris every few hours for first few days. This can be done in the shower. Treated areas should not be picked at or scrubbed. For the first 24 hours, or until sensitivity settles, a cool pack can be utilized. Never apply anything frozen directly to the skin.
- For 48-72 hours, keep head elevated at all times even while sleeping to help reduce swelling and pain. Head must be elevated above the heart. The normal response to this procedure is swelling of some degree. However, if there is excessive swelling or infection, the treated person must contact the practitioner immediately.
- Aspirin, nonsteroidal anti-inflammatory drugs (NSAIDS), naprosyn (naproxen), or any medication that prolongs bleeding time, may cause bruising and should not be used for pain management for 3-4 days after treatment.
- Once the treatment area has initially healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating ointments or moisturizers may provide some relief.
- Make-up can be applied to camouflage treatment area after reepithelialization has occurred, typically in 2 to 10 days (depending on the level of treatment provided).
- Post treatment care should be monitored for the first 2 weeks. Follow up visits should be evaluated as needed or until reepithelialization has occurred.
- During the first 2 weeks after treatment, new skin will begin to form and it is essential to avoid injury and sun exposure during that time. Those who are treated should practice sun avoidance for at least 4-6 weeks post procedure.
- Those who are treated should use sunblock with an SPF 45 or higher containing broad spectrum UVA/UVB protection along with zinc oxide or titanium dioxide whenever they are outside, re-applying when necessary. Applying sunscreen too early in the healing process (to skin that is not intact) can cause irritation resulting in prolonged erythema. It is recommended that those being treated wait post-treatment until sun block is no longer irritating the skin before resuming use.
- Small acne breakouts may occur during the first 4 post-treatment days. If this occurs, reduce or discontinue the occlusive ointment and continue to cleanse as normal.