

eC02 Pre and Post Treatment Patient Instructions

PRE-TREATMENT INSTRUCTIONS

1. Please schedule 7-10 days off work/active social life.
2. Please limit sun exposure starting at least 2 weeks before the procedure and continue to limit exposure for 2 weeks after the procedure.
3. Arrange for a driver to pick you up after your procedure.
4. Please discontinue use of the following blood thinners: Aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) such as Motrin, Celebrex, Aleve, and Ibuprofen, and anticoagulants such as Coumadin, Warfarin, Marevan, Lawarin, and Waran 10 days before the procedure. If these medications have been prescribed by another physician/are medically necessary, please inform (Doctors name). Tylenol (acetaminophen) may be taken for pain.
5. Supra-therapeutic dose of Vitamin E and other herbal supplements have also been associated with increased bleeding and bruising. Discontinue for 10 days before the procedure.
6. Discontinue Retin-A and skin care products containing retinoids or glycolic acid for 2 weeks before the procedure.

Medication

(See directions on prescription given to you by the Doctor)

Please have the following items ready before your treatment day.

1. Bottled Water, 16 oz (several bottles)
2. White Distilled Vinegar
3. Aquaphor, Eucerin Crème, and a Sunscreen 3-spf or higher. (These are over-the-counter-items and can be found nearly everywhere there is a pharmacy i.e. Rite Aid, Target, CVS, Costco)
4. Bags of Frozen Peas for icing the treated area(s)
5. Drinking Straws (optional)
6. Benadryl 25mg (over-the-counter)—this is just in case you experience any itchiness. This medication will cause drowsiness so do not drive if you take Benadryl.
7. Hair ties to keep hair off your face and neck during procedure and post 48 hours.
8. Three large packages of gauze pads, (4 x 4)
9. Cetaphil Cleanser
10. Home environment: make sure that you have a room free from direct sunlight. Vacuum the room and laundry linens to cut down risk of infection.

Day of Procedure

1. Plan to be at our office or the surgery center for approximately 3-4 hours.
2. Wear comfortable clothes, preferably a loose-buttoned shirt.
3. No makeup, mascara, eye shadow – all treated skin area(s) should be clean.
4. No contact lenses—wear your glasses.
5. Shower or shampoo hair before coming to procedure.
6. Take medications accordingly.
7. Have a driver pick you up.

Wound Care Regimen

What you need: dry gauze, water (16 oz./bottle preferred), white distilled vinegar, clean bowl/container, and tablespoon.

To prepare the vinegar water:

1. Add 2 tablespoons of white distilled vinegar to every 16 oz. of water. If using bottle water, pour 2 tablespoons of water out, then add 2 tablespoons of white distilled vinegar, store in refrigerator.
2. Shake or stir gently.
3. Place 5-10 gauzes in a and carefully add in vinegar water until all gauzes are saturated.

What to do:

1. Wash hands thoroughly with soap, rinse and dry before each wound care session.
2. Designate the non-dominant hand as the "clean" hand for retrieving wet gauze, and then transfer the gauze to the dominant hand for cleansing.
3. Use the gauze to gently pat off oozing/bleeding/Aquaphor on treated area(s). Use gentle pressure. Make sure that vinegar water is in contact with the skin for at least 5 minutes. Soak longer for area with crusting. Pat dry. Always apply Aquaphor over entire treated area(s) after each vinegar soak.
4. **Perform vinegar soaks every 2-3 hours (while awake) during the first 24 hours. Set up alarm to wake up at least once during the first night for cleansing.** May gradually decrease vinegar wash to every 3-4 hours on day 2 and day 3. Continue vinegar wash 2-3 times a day from day 4 to day 7.

After Care

- ❖ **Remember to reapply the Aquaphor Dressing after each wash. If you are breaking out, please stop using the Aquaphor Dressing after day 3 only and use a light moisturizer.**
- ❖ Use only a very gentle cleanser (Cetaphil) for washing the treated areas on day 4 and beyond.
- ❖ After day 7, sunblock will be very crucial when going out in the sun. We highly suggest one with UVA and UVB protection, containing a 30 SPF or higher.
- ❖ Please wear a full Hat for better sun protection when leaving your home.
- ❖ *It is very important that you do not use any other products except the ones recommended by (Doctor's name here) during the healing period. Please finish all of your prescribed medication.*

Post Op Pain (usually minimal to none)

If you are experiencing pain:

- Take Tylenol, 1-2 tablets every 4 hours.
- Apply cold compresses to treated area once every 2 hours ■ Call our office

Peeling and Dry Skin

Dry skin is usually reported 3-4 days post procedure and resolves with peeling. Peeling is normal and can occur 4-7 days after your procedure. Secondary round of peeling has been observed 1-2 weeks later.

Management

- Do not rub/scrub the skin or try to facilitate peeling by pulling on loose skin.
- Continue to moisturize the area with the Eucerin Lotion or Aquaphor to help relieve dry skin.

Itching

Itching may occur once the skin begins to resurface. This usually occurs between days 3-5 post-procedure and may last up to 1 week. The neck and chest are common areas for this to occur because they have less oil glands than the face.

Management

- Oral antihistamine (such as Benadryl or Claritin)
- Topical over-the-counter 1% hydrocortisone cream, twice a day.
- Cold compresses (20 minutes on and off) as needed to alter sensation.
- Prescription topical steroids.

Acne or Milia (white heads) Formation

Flare-up of acne or formation of milia may be due to the use of Aquaphor. This may appear 3-4 days post treatment. Usually self-limiting and resolves within 1 week.

Management

- Discontinue Aquaphor Dressing and start Eucerin Calming Crème.
- Do not pick at them. (This is very important — picking may cause scarring or pigmentation).

Pigment Changes

Management

- Continue sun avoidance and sun protection.
- Bleaching agents may be recommended; use them as directed by (Doctors name)

- 1.No shower to face and neck for 48 hours after the procedure. You can bathe. We just don't want the pressure of the shower water directly on the treated area(s).
- 2.Hand washing is the most important thing you can do to prevent infection. Wash your hands every time before you touch treated area.
- 3.Sleep on 2 or 3 pillows at night, lying on back if possible, to reduce swelling and promote healing.
- 4.Remember to finish all of your oral medication as prescribed.**
- 5.A soft diet for the first 24 hours is recommended. Avoid salt and alcohol. Increase fluids.
- 6.Avoid strenuous exercise for 7 days. Walking or light exercise is OK.
- 7.Do not expose your skin to the sun. Remember, UVA light passes through house and car windows.
- 8.Call us if you experience any one of the following:
 - Pain that is not relieved by Tylenol
 - Signs of infection: heavy white to yellow drainage in treated area, foul odor from drainage, a fever of 100.4F or above, extreme tenderness and heat to touch.
 - If you are unsure about infection and cannot reach us, please go to an urgent care or ER. If you are experiencing respiratory distress or feel you have an emergency, please call 911.

What you might experience after the procedure

Redness and swelling are common. While swelling usually resolves within one week, redness usually becomes very faint by one month, but may last up to 6 months.

Management

- Use frozen peas wrapped inside a paper towel for 20 minutes (once an hour or as frequently as needed) on the treatment area for the first 2 days post procedure. It does not matter whether Aquaphor is on the area or not. After the first 2 days, you may continue applying ice where needed once every 6 hours.
- Oral antihistamine (such as Benadryl or Claritin) taken at bedtime may reduce some inflammation and irritation.
- Increase water intake and reduce consumption of salt.
- Stay in an upright position as much as possible.
- Cover-up mineral makeup may be used 7 days post procedure.

Bleeding/Crusting/Exudates.

Because laser beams penetrate into deep dermal layers, clear fluid (exudates) or blood may ooze from the skin for the first 48 hours. Crusting or scabbing may form when exudates or blood dries.

Management

- Soak the treatment area with vinegar water every 2-3 hours and apply Aquaphor.
- Do not rub/scrub. (Do NOT pick any scab, no matter how small!!!)

eCOTone Post Treatment Patient Instructions

- Use only a gentle cleanser and moisturizer.
- Do not use cosmetics containing ingredients such as Retinol or AHA/BHA
- Apply daily UVA/UVB sunblock with at least SPF 30
- Avoid activities that increase blood flow or body temperature (e.g. alcohol consumption, exercise, sauna)
- Do not rub/scrub. (Do NOT pick any scab, no matter how small!!!)

