

Active Fx & Total FX Post-Treatment

Immediate:

Place cold packs on the skin immediately after treatment (you may use ice or frozen peas for the next few days as you wish). You may have a “hot” feeling for the first hour after treatment and the cold packs help greatly. After the first hour, patients do not usually experience discomfort, although you may have a “full, flushed, sun-burnt” facial feeling.

Use arnica under the tongue “4X4X4” four tablets under the tongue, four times per day for four days.

Apply Elta MD “Laser” (like Vaseline) often to keep a generous layer on constantly. You can gently wash the area, after 24 hours (with Elta MD facial cleanser), but you should always reapply the laser Vaseline until all redness is resolved and you only have a pinkish coloration. The Elta MD “moisturizer” can then be used until the pink is gone, then switch to the Elta MD “lotion.”

Do not pick at your skin and avoid aggressive scrubbing of the skin.

You may shower the next day, but avoid excessively hot water.

Avoid exfoliation for at least four weeks.

Avoid sun exposure until all pinkness is gone and wear a sunblock (not just sunscreen) containing zinc oxide after the fifth day. Use sunblock whenever outside for longer than 10 minutes for at least 4-6 weeks.

Do not wash your face for 24 hours. If you want to take a shower, you should take a bath so you do not let water touch your face for the first 24 hours.

You should use ice or frozen peas for the next few days as you wish.

DAY 1

Continue “Laser” Vaseline and begin washing (after 24 hours) and lightly wiping skin debris with the facial cleanser. You may shower in warm water once 24 hours has passed. Make

sure you reapply the “laser.” You should use ice or frozen peas for the next few day. Continue arnica also.

DAY 2

Continue Elta MD “Laser” and relatively constant icing. If debris is dry and brown, you may wash with the facial cleanser. Do not rub your face aggressively with a wash rag. Let the cleanser take off any debris. Continue arnica also.

DAY 3

Remove residual debris with the facial cleanser. If you begin to itch you may use 1% hydrocortisone cream (over-the-counter) two or three times per day. You can also mix two tablespoons of vinegar with a cup of cold water. Then soak a wash cloth in the solution and cover your face with the cloth for 10-20 minutes. Continue arnica also.

DAY 4-7

Use the Elta MD moisturizer until pinkness is gone (for a maximum of ten days) and then stop. You can continue to use the facial cleanser. You can use just the Elta MD lotion once the pinkness is almost/totally gone.

May wear make-up when pinkness is gone completely.

EXTRAS

REMEMBER: DO NOT PICK AT YOUR SKIN!!!

Sleeping on a few pillows may help reduce swelling.

Advil (ibuprofen) 600 mg three times per day or Aleve 500 mg two times per day may be taken as an anti-inflammatory to help decrease discomfort and swelling.

If you experience itching, you may take Benadryl 10-25 mg up to six times a day (over-the-counter), or you can mix two tablespoons of vinegar with a cup of warm water. Then soak a wash rag in the solution and cover your face with the rag for 10-20 minutes.

It is normal for your skin to have lighter and darker areas as it heals. The skin will likely heal unevenly, with the eyes/mouth areas taking longer to heal.