

# Vibrant Life Dr. Clark Brittain

## What to Expect Before and After Facial Rejuvenation and Diffuse Redness

### **Before**

1. Tanning should be avoided 4 weeks prior to the treatment, as this can have an impact on the effectiveness of the treatment. This means avoiding self-tanning creams, bronzing lotions and sprays as well. Wait for tanned skin to fade before beginning treatment.
2. Our office requires documentation from a dermatologist or your primary care physician that skin lesions are benign and can be treated.
3. There is no recovery or down time. You may return to school/work same day. Fall and winter are the best times to start treatment of these lesions since the skin should be shielded from the sun before and after treatment.
4. Wash the area being treated completely and remove any kind of oil present on the skin.
5. No lotions, oils, or make-up on the skin in the area to be treated 24 hours prior to the treatment.
6. Each area may require between 3-6 treatments for desired results and then a maintenance treatment 2-3 times per year.

## **After**

1. Your skin may be slightly red immediately following the procedure. This typically lasts from a few minutes to several hours. There may also be mild skin swelling, redness, itchiness, or irritation for 2-5 hours to several days.
2. 30spf + Sunscreen should be used post procedure to treated areas to avoid burning. Your skin is going to be a bit more sensitive immediately following your laser treatment, so sunburn will be a lot worse than it would be if your skin is normal
3. Most patients experience a pink glow w/a mild sunburn sensation after skin tightening treatment.
4. For 24-48 hours post treatment, take luke-warm showers. Avoid hot baths or hot tub soaks.
5. No tanning for 3 weeks post laser!
6. Apply cool compress post treatment for comfort.
7. There may be swelling or itching after treatment. Topical hydrocortisone or Benadryl can be used. Oral antihistamine can also be used.
8. Do not wear any cream that contains Alpha-Hydroxy Acid, Tretinoin acid, or AHA for 3 days.