



AEROLASE ERA ABLATIVE LASER TREATMENT

PRE-TREATMENT



Notify your practitioner of any medications you have used within the last 6 months, including isotretinoin (Accutane)



Notify your practitioner if you have a history of cold sores or problems with skin healing



Avoid use of retinoids (retinol, tretinoin) for at least 72 hours pre-treatment

IMMEDIATELY BEFORE TREATMENT



Come to your appointment WITHOUT any makeup or products applied to the skin. Remove any make-up and/or lotions and make sure that the skin is dry in the area to be treated.

POST TREATMENT

Immediately Post-Treatment

- Immediately after treatment, you should apply a basic moisturizing ointment (e.g. Aquaphor). Do not apply anything else to the skin within the first 24 hours.
- Do not touch your face unless hands are clean. Never pick or scratch.
- Wash the area gently with luke warm/cool water but NO SOAP for the first 24 hours.
- Drink water and moisturize frequently- do not allow skin to feel tight and dry.
- Stay away from all sunlight, including windows.
- Avoid hot showers, saunas, intense exercise for 48 hours post procedure.
- Sleep with clean sheets and a clean pillowcase.

24 Hours Post-Treatment- YOU MUST KEEP THE SKIN MOIST AT ALL TIMES.

- Wash with gentle cleanser, lukewarm water, and reapply Aquaphor throughout the day (you can mix with moisturizer in the day so it does not feel as thick)
- Apply broad spectrum UVA/UVB minimum of SPF 45 (Mineral is preferred) and reapply as needed. Avoid direct sunlight and stay in the shade, wear a hat.
- Stick to a basic skincare routine for the next 7 days. Focus on hydrating ingredients such as hyaluronic acid or aloe. Avoid exfoliating of any kind and any active ingredients (Retinol/Tretinoin, Vitamin C, AHA/BHA, Hydroquinone, etc.)

Days 2-7+

- Wash with gentle cleanser, lukewarm water, and reapply Aquaphor throughout the day (you can mix with moisturizer in the day so it does not feel as thick)
- Apply broad spectrum UVA/UVB minimum of SPF 45 (Mineral is preferred) and reapply as needed. Avoid direct sunlight and stay in the shade, wear a hat.
- Drink PLENTY of water, this will help your skin heal!
- If any scabbing or crusting of the skin occurs: DO NOT pick or scratch, apply the moisturizing ointment and let the scab or crust fall off on its own.
- Wash all makeup brushes and discard old makeup to avoid cross contamination.
- Continue basic skincare, resume regular skincare after 10-14 days.
- Slight redness may remain for the next 1-2 weeks.