

Seiler Skin Co2 Laser Skin Resurfacing Pre-Care Instructions:

(Active FX, Deep FX, Total FX)

Contraindications: No Accutane use in the past one year. Any history of vitiligo, scleroderma, collagen disorders, radiation treatment, skin cancer, psoriasis, scarring, keloid scarring, pregnancy, breastfeeding. Notify Dr. Seiler if you have any history of dermal filler or silicone injections. Notify Dr. Seiler if you have sleep apnea or other breathing problems.

Pre-Care Instructions:

- Notify us if you have a history of developing cold sores (herpes infections), facial sores, or any other type of infection. Also notify us if you have tattoos or permanent makeup.
- Minimize sun exposure and use daily sunblock containing zinc oxide. Discuss with Dr. Seiler how long you must be completely out of the sun and off self-tanner before treatment (generally 3 weeks).
- ***Begin Alastin Skin Nectar 2 weeks prior to procedure and continue using it until the morning of your procedure.***
- Stop Tretinoin, Retin-A, Retinol 10 days before and Skin lightening products (Hydroquinone 4%) 3 days before.
- Bring one tablet of Benadryl (25 mg, over-the-counter) for the procedure. If you have a long ride home, bring a cooler of ice for afterwards.
- Purchase a bottle of white **vinegar** for vinegar soaks. Also purchase small cotton washcloths.
- Avoid waxing for 1 week before and 4-8 weeks after treatment.
- Do NOT bring Jewelry or valuables to procedure
- Remove all nail polish from fingernails, including French manicures BEFORE the procedure.
- Drink A LOT of water the days before your procedure. Hydration is very important because we will be drawing your blood for the procedure.

Morning of the procedure:

Eat a solid meal. Cleanse face and do not wear makeup or perfume to treatment. Dress in comfortable clothes with a loose fitting, low cut shirt. If you have long hair, wear in back in a ponytail away from face and neck.

Medication Protocol:

4 days before procedure begin:

Arnica - Take 3 tablets under tongue 3 times per day for 4 days prior to procedure (and 4days after).

Bromelain - Take 2 capsules on an empty stomach 3 times per day for 4 days prior to procedure (and 3 days after).

Probiotic 8 - Take 1 capsule on an empty stomach 2 times per day for 4 days prior to procedure and continue until bottle is gone.

This is a great supplement to use long-term.

Day before procedure begin:

Valtrex (valcyclovir, antiviral) – 1 daily for one week

Clindamycin (antibiotic) - (if given) twice/day for one week

Diflucan (antifungal/anti-yeast) (fluconazole) - (if given) take one pill one time only

Day of procedure:

Valium (diazepam)/Demerol (meprogan)/Phenergan (promethazine) – 1 each on the way to procedure and bring rest (must have a driver if taking these).

Medrol Dose Pack - (if given) Do not take as written on box. Take one after the procedure and 1 pill every 4-6 hours for the next 2-3 days as needed to help reduce swelling. This will especially be useful for the first two days after the procedure.

Seiler sedation sucker - if prescribed, pick up day before procedure at **Over the Mountain Pharmacy: 4628 Cahaba Heights Court, Birmingham, AL 35243** Phone (205) 824-0775 Hours M-Th 9 am-4:30 pm, Friday 9 am-noon

Seiler Skin Co2 Laser Skin Resurfacing Post-Care Instructions

(Active FX, Deep FX, Total FX)

Day of Procedure:

- **ICE** skin immediately after treatment (you may use bags of ice or frozen peas, or iced wash cloths for the next few days). You will feel “hot” for the first few hours after treatment and the cold packs help greatly, but you should continue icing through the first two days to decrease swelling and redness. Ice for at least 10-15 minutes every hour.
You can't ice too much!
- Apply **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer) often to keep a generous layer on constantly. Remember, it may stain linens and clothing.
- Apply **BIOCELLULOSE RESTORATIVE MASQUE** between icings, leave on for 20-30 minutes, then continue to ice (bag of ice, bag of frozen peas, or iced wash cloth). You may use multiple masques the first three days for comfort and cooling. You can ice on top of the Biocellulose Masque.
- **DO NOT PICK** at your skin and avoid scrubbing or exfoliation of the skin.
- It is normal to have “track marks” and “grid marks” on the skin. The marks will slough off in the next few days.
- **DO NOT USE A WASHCLOTH TO WASH FACE FOR 1 WEEK** (however, using the washcloth for icing and vinegar soaks is fine as long as you don't scrub).
- You may shower that night or the next day and wash hair, but avoid excessively hot water.
- Sleep with head elevated to decrease swelling. If possible, ice several times during the night and reapply **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer) as needed.

Medications:

1. Valtrex 500mg once a day
2. Clindamycin 300mg twice a day
3. Use Arnica under the tongue – 3 tablets under the tongue, 3 times a day
4. Take two Bromelain capsules 3 times a day on an empty stomach
5. Take 1 Probiotic capsule 2 times a day on an empty stomach
6. SoluMedrol (steroid pack), take 1-3 tablets (1 every 4-8 hours) each day as needed for swelling

Post-op DAY 1 (first day after treatment): (follow listed order for products/ice/vinegar)

- **Just to reiterate: Redness and swelling are expected to be moderate to severe. Remember it is normal to look worse the day after the procedure and even worse on the second day! However, if blistering, extreme redness and swelling, sign of burns, ulcers, infection, smell, or anything you are concerned about occurs, notify Dr. Seiler by office or cell immediately.**
- **Morning Product Regimen:**
 1. Wash face with **ALASTIN GENTLE CLEANSER** with your hands (not washcloth) and lightly wipe skin debris. This cleanser is *VERY CONCENTRATED* so you only need a small amount (less than the

size of a pea). If you have not used this cleanser before, pay close attention to the amount of product that you are using because using too much product can make it more difficult to remove.

2. Apply **ALASTIN SKIN NECTAR** to treated area.
3. Apply **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer).

- **Throughout the day:**

1. **ICE** for 10-15 minutes every hour, or more often, even if not “hot” to decrease swelling and redness.
2. Apply Biocellulose Restorative Masque between icings, leave on for 20-30 minutes, then continue to ice. You may use multiple masques the first three days for comfort and cooling. You can ice on top of the Biocellulose Masque
3. Apply **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer) often to keep a generous layer on constantly.

- **Evening Product Regimen:**

1. Wash face with **ALASTIN GENTLE CLEANSER** with your hands (not washcloth) and lightly wipe skin debris.
2. Apply **ALASTIN SKIN NECTAR** to treated area.
3. Apply **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer).

Medications:

1. Valtrex 500mg once a day
2. Clindamycin 300mg twice a day
3. Use Arnica under the tongue - 3 tablets under the tongue, 3 times a day
4. Take two Bromelain capsules 3 times a day on an empty stomach
5. Take 1 Probiotic capsule 2 times a day on an empty stomach
6. SoluMedrol (steroid pack), take 1-3 tablets (1 every 4-8 hours) each day as needed for swelling

Post-op DAYS 2-4: (follow listed order for products/ice/vinegar)

- **Morning Product Regimen:**

1. Wash face with **ALASTIN GENTLE CLEANSER** with your hands (not washcloth) and lightly wipe skin debris.
2. Apply **ALASTIN SKIN NECTAR** to treated area.
3. Apply **AVENE CICALFATE** for itching and redness.
4. Apply **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer).
5. Apply **ALASTIN BROAD SPECTRUM SUNSCREEN SPF30+ SUNSCREEN** if you go outside for any reason.

- **Throughout the day:**

1. **ICE** for 10-15 minutes every hour, or more often, even if not “hot” to decrease swelling and redness.
2. Apply **AVENE CICALFATE** and **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer) often to keep a generous layer on constantly.

- **Evening Product Regimen:**

1. Wash face with **ALASTIN GENTLE CLEANSER** with your hands (not washcloth) and lightly wipe skin debris.
2. Apply **ALASTIN SKIN NECTAR** to treated area.
3. Apply **AVENE CICALFATE**.
4. Apply **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer).

Medications:

1. Valtrex 500mg once a day until finished
2. Clindamycin 300mg twice a day until finished
3. Use Arnica under the tongue - 3 tablets under the tongue, 3 times a day. Stop after day 5.
4. Take two Bromelain capsules 3 times a day on an empty stomach. Stop after day 6.
5. Take 1 Probiotic capsule 2 times a day on an empty stomach
6. SoluMedrol (steroid pack), take 1-3 tablets each day as needed if you still have any swelling

Post-op DAYS 5-7: (follow listed order for products/ice/vinegar)

- **Morning Product Regimen:**

4. Wash face with **ALASTIN GENTLE CLEANSER** with your hands (not washcloth) and lightly wipe skin debris.
5. Apply **ALASTIN SKIN NECTAR** to treated area.
6. Apply **AVENE CICALFATE** for itching and redness.
7. Apply **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer).
8. Apply **ALASTIN BROAD SPECTRUM SUNSCREEN SPF30+ SUNSCREEN** if you go outside for any reason.

- **Throughout the day:**

1. Do **VINEGAR SOAKS** at least 3-4 times per day or more to help speed the shedding/sloughing process, soothe the skin, and decrease itching. Mix 2 tablespoons of vinegar in a bowl of ice water. Soak wash cloth in the solution and place cloth on face for 10-20 minutes. **DO NOT** rub aggressively.
2. Apply **AVENE CICALFATE** and **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer) often to keep a generous layer on constantly.

- **Evening Product Regimen:**

1. Wash face with **ALASTIN GENTLE CLEANSER** with your hands (not washcloth) and lightly wipe skin debris.
5. Apply **ALASTIN SKIN NECTAR** to treated area.
6. Apply **AVENE CICALFATE**.
7. Apply **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer).

- Continue this regimen until pinkness is gone.

- You may begin to wean off the **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer) and transition to the **ALASTIN MOISTURIZER** and **AVENE CICALFATE** to keep your skin moisturized (even every hour).
- Do not let the skin dry out (flaking is a sign of under moisturizing).
- If you cannot keep moisturized (and a little greasy) without the **ALASTIN SOOTHE + PROTECT RECOVERY BALM** (Occlusive Moisturizer), then add it back into your regimen (if at all dry, you are not ready to completely stop this product yet).
- You may wear **COLORESCIENCE PRESSED MINERAL FOUNDATION** when pinkness is completely gone (usually at least 7 days).

Post-op DAY 7 until your 1 month follow-up:

- **Morning Product Regimen:**
 1. Wash face with **ALASTIN GENTLE CLEANSER**. A Seiler Skin Aesthetician will let you know when you can begin using a washcloth when cleansing your skin.
 2. Apply **ALASTIN SKIN NECTAR** to treated area.
 3. Apply **ALASTIN MOISTURIZER**. Your skin may tingle when you begin this product. The tingling should subside quickly.
 4. Apply **ALASTIN BROAD SPECTRUM SUNSCREEN SPF30+ SUNSCREEN**.
 5. Follow with **COLORESCIENCE PRESSED MINERAL FOUNDATION**.
- **Evening Product Regimen:**
 1. Wash face with **ALASTIN GENTLE CLEANSER**.
 2. Apply **ALASTIN SKIN NECTAR** to treated area.
 3. Apply **ALASTIN MOISTURIZER**.
- At approximately 1 week after your procedure, you should add a topical **ANTIOXIDANT** and an **EYE CREAM** to your regimen. Work with your Seiler Skin Aesthetician to pick the right product for your skin concerns.

EXTRAS

- **REMEMBER: DO NOT PICK AT YOUR SKIN!**
- Advil (ibuprofen) 800 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.
- For itching, Benadryl 25 mg up to four times a day, or you can do vinegar soaks.
- Tips for icing: To make a soothing compress, place wet wash cloths in the freezer for several hours before applying to face. If using crushed ice in a plastic bag, add some rubbing alcohol in the plastic bag before placing in the freezer to keep it from solidifying.
- While resting with Vaniply on treated skin use white (colorless) sheets.
- **MAY BEGIN SHAVING** when pinkness is resolved (generally at 1 week). Discuss this with us.
- **AVOID EXFOLIATION** for at least two-four weeks. **DO NOT USE CLARISONIC** brush until instructed.

- **AVOID SUN EXPOSURE** for at least 4 weeks after treatment. Wear an approved sun block containing zinc oxide. Use Seiler Skin Approved Sunscreen with zinc whenever outside.
- **AVOID WAXING** of the treated area for 4-8 weeks after treatment, consult with Dr. Seiler before waxing.
- You may exercise after a couple of days, but try not to get sweat on the treated areas. Cleanse immediately.
- It is normal for your skin to have lighter, darker and pink areas as it heals. The skin will likely heal unevenly, with the eyes/mouth areas taking longer to heal.
- A flare-up of acne or milia (tiny white bumps on the skin) may occur 2-3 weeks Post-Treatment. These symptoms are not unusual and can be easily resolved. Contact our office if this occurs and we will discuss management.
- **Abnormal Healing.** If you notice any blisters, burns, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact Dr. Seiler immediately.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact Seiler Skin at 205-870-0204 or Dr. Seiler on his cell phone at 205-873-2340.

I understand instructions and warning signs and will call immediately

Initial_____.