



Pre Treatment Erbium Yag Instructions

BEFORE THE TREATMENT:

- Discuss and disclose any healing disorders you may have such as caused by diabetes mellitus, connective tissue disease or if you are undergoing radiation/ chemotherapy.
- Discuss and disclose if there is an active infection or history of cold sores of the lips, mouth or face.
- Do not proceed with the Erbium Yag treatment if you are pregnant or breast feeding.
- Discuss and disclose to your clinician any allergies to topical anesthetics, antibiotics, or other medications you may have.
- Do not proceed with the treatment if Isotretinoin (Accutane) has been used within the past 12.
- Discuss any history of any hypertrophic scarring or keloid formations or other skin diseases you may have.

BEFORE FOLLOW-UP TREATMENTS:

- Disclose any new medications you may begin using during your treatment program.
- Treatments cannot be performed on areas with a suntan or sunburn. **Avoid direct exposure to the sun, tanning beds 4 weeks prior to treatment.** A broad-spectrum sunscreen of SPF 30 or higher should be applied to any treatment area exposed to the sun.

Post Treatment Erbium Yag Instructions

Expectations Following Treatment

Mild erythema (redness) will be present in the treatment area and can last from a few hours up to a few days. Treatment areas almost always become erythematous. Immediately following the procedure, patients will experience a mild sunburn sensation that may include some mild discomfort. Most patients do not feel any significant discomfort, however, an ice pack (not direct ice) maybe applied to help soothe areas with discomfort.

A cooling lotion or soothing gel may be used after Erbium Yag treatments. Aloe based products are very soothing.

- It is important to protect your skin from environmental elements; therefore, a lotion with a SPF protection of at least 30 should be used daily.
- A few days post procedure, patients will experience mild peeling of the skin. The peeling is similar to the effects of sunburn. Continue to follow the skin care regimen offered by your clinician. **Do not pick at the peeling skin, as it may lead to scarring.**

General Skincare

Proper skin care is important to protect the new refreshed skin. Your clinician will discuss a proper skincare regimen following your Erbium Yag treatment.

- Clean the treated area daily with a mild cleanser. Apply a thin layer of mild moisturizer to the area several times a day until evidence of dryness, blistering or swelling has dissipated.
- Shower as usual but be aware that the treated area may be a little temperature sensitive.
- Avoid chlorine, hot tubs and swimming pools during the treatment program.
- Avoid direct contact in the sun during your treatment program. Always use a topical sun protection of at least SPF 30.
- Avoid the use of exfoliants, loofah sponges and aggressive scrubbing to the treated areas.

Precautions

- Avoid exposure to the sun and tanning beds for 30 days prior to your treatment.
- Do not rub, scratch or pick at the treated area. Treat the area gently. Pat skin dry after bathing or showering. An antibiotic ointment such as Bacitracin may be applied. Neosporin and Polysporin are not recommended.
- Makeup may be applied over the treated area 24 hours after the treatment. Use a clean applicator.
- Avoid shaving the treated area for 48-hours after the procedure.
- If you have any questions, please call our office at 417.350.8730 or email us at info.bypc@gmail.com