

Total DERMATOLOGY

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MICRONEEDLING & LASER Aftercare Instructions

- Any prolonged sun exposure should be avoided for at least two weeks following treatment, and a physical UVA/UVB sunscreen of at least SPF 30 should be used at all times.
 - Cleanse only with a gentle cleanser and discontinue use of any products with active ingredients (e.g. retinoids, salicylic acid, hydroquinone, etc.) for at least 3-7 days, or until skin is completely healed. *If PRP was applied, DO NOT cleanse or apply products of any kind until the following morning.*
 - It is normal to experience varying levels of redness, tightness, roughness, and/or scabbing, depending on the treatment performed. *It is important not to scrub, pick, or agitate the skin in any way during healing.*
 - If treatment was performed around your mouth and you have a history of cold sores, continue to take the prescribed antiviral medication for 3 days post treatment.
 - You may wear make-up the following day as long as the skin is not broken. Breathable, non-comedogenic make-up such as Oxygenetix is best, and can be purchased in-office.
 - Ice may be applied in 15-minute increments to reduce discomfort or swelling; Tylenol may also be taken for any discomfort. Increase water intake, reduce both alcohol and salt consumption, and stay in an upright position as much as possible to minimize swelling.
 - Apply any recommended post care products (e.g. Biafine, Lasercyn) to clean skin 2-3 times a day in the week following to help heal and protect the skin.
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*GENTLEMAX (HAIR) Laser: Shedding of hair may occur; clean and remove the hair by washing or wiping away hairs with a wet washcloth. Do not tweeze or wax for the entire duration of treatment. If underarms are treated, use a powder instead of deodorant for 24 hours after the treatment.

*ALEX Laser: Immediately following treatment, the treated area may darken, develop a whitish, gray, or red discoloration, and pinpoint bleeding may occur. During healing, apply antibacterial ointment (e.g. polysporin or bacitracin) to the treated area twice a day, and cover with dressing if area may be exposed to sunlight.

*PHOTODYNAMIC THERAPY: It is extremely important that you DO NOT expose the treated area to ANY sun for 48 HOURS. If you are being treated for acne, it is not unusual for your acne to appear worse, as this treatment can force “submerged” acne to surface. If you are being treated for pre-cancerous lesions, the treated lesions may become darker before they improve.

If you experience an *unusual amount of swelling or intense discomfort*, please call the office at (949) 727-3800. If it is after hours, you can call Dr. Pilest on his cell phone at (949) 874-5378.
