

POST LASER AFTERCARE INSTRUCTIONS

- Avoid tanning/prolonged sun exposure for at least two weeks, and apply an SPF of at least 30 at all times.
- Cleanse only with a gentle cleanser for 3-5 days after treatment. During this time, also discontinue use of retinoids, and products containing acids (salicylic, glycolic, etc) or hydroquinone until skin is completely healed.
- If treatment was performed around your mouth and you have a history of cold sores, continue to take the prescribed Valtrex for 3 days post treatment.
- Apply Biafine for 7 days 2-3 times a day on clean skin to help heal and protect the skin.
- As long as the skin is not broken, you may wear make-up. Breathable, non-comedogenic make-up such as Oxygenetix is best, and can be purchased in-office.
- Ice may be applied for short periods of time to reduce discomfort or swelling. Tylenol may also be taken for any discomfort.

ALEX LASER

for spot treatment of brown lesions + tattoo removal

Immediately following treatment, the treated area may darken, or develop a whitish, gray, or red discoloration. With tattoo treatment, pinpoint bleeding may occur. This discoloration will change and lighten over a period of 7-14 days as it heals. During healing, apply antibacterial ointment (ex. Polysporin or Bacitracin) to the treated area twice a day, and cover with dressing if area will be exposed to sunlight. Allow any scabbing to fall off on its own; DO NOT scrub or pick as this may cause scarring!

RESURFACING LASERS + RADIOFREQUENCY

Clear+Brilliant & Permea | Fraxel Dual & Restore | eMatrix

Downtime will vary depending on what treatment you received, however they generally range from 3-5 days. You may experience redness and/or swelling for the first few days, followed by a few days of roughness and/or sloughing of the skin. DO NOT scrub or pick as this may cause scarring!

PHOTODYNAMIC THERAPY

for acne + actinic keratosis

It is extremely important that you DO NOT expose the treated area to the sun for 48 HOURS. You may experience redness and/or swelling for the first few days, followed by some crusting and/or peeling. DO NOT scrub or pick as this may cause scarring! 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 turn dark 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.