

## **Helix Laser Post Care Instructions**

### **Deep Fusion or Tetra (Deep Fractionated Laser Resurfacing)**

- Immediately after the procedure, PRP/PRF, Exosomes, OR Neova cooling mask could be applied by your provider and should be left on until washing your face the next morning. This will help soothe any heat you may feel and start the healing process. Cool, clean compresses can be used to help with inflammation multiple times per day. Apply Vaseline or recovery lotion after using cool compress.
- **CLEANSING:** Cleanse the skin twice daily with a gentle cleanser using your hands and gentle patting motions. DO NOT rub, scrub, or use a skin care brush/exfoliant. Swelling, redness and a mild to moderate sunburn sensation should be expected for 1 to 4 days. Physical block sunscreen (zinc/titanium oxide based) can be applied beginning on Day 5 in the morning for sun protection once healed. It is recommended to wear additional sun protection such as a hat or visor while outside during your healing period. Showering is allowed on the second day. Try to keep shampoo off your face.
  - AM Routine (For 2-3 weeks)
    - Gentle face at 24 hours (Neova, Cerave gentle cleanser, Vanicream, etc)
    - Lasercyn spray any time (other options include Puracyn or any hypochlorous acid spray)
    - For any open skin areas, reapply vaseline every 3-4 hrs to always keep the skin moist. In 3-5 days once open skin has healed, Neova recovery lotion or HA serum/light lotion.
    - Can apply sunscreen beginning 5 days post treatment
  - PM Routine (For 2-3 weeks)
    - Gentle face wash (Neova, Cerave gentle cleanser, Vanicream, etc)
    - Lasercyn spray (other options include Neova, Avene, or Evian facial spray)
    - For any open skin areas, reapply vaseline every 3-4 hrs. In 3-5 days, once skin has healed, Neova recovery lotion or HA serum/light lotion, dime sized amount to entire face

**\*\*After 24 hours white vinegar soaks may be applied one or more times a day: 1 Tbsp of distilled white vinegar to 1 cup water, moisten gauze with the solution and apply, stored in the refrigerator.**

#### ● **WHAT TO EXPECT:**

- Swelling, redness, and a sunburn sensation should be expected for 5-7 days. A sandpaper like texture and red to brown micro spots under the skin around Day 3-7. This can be concealed with a tinted moisturizer, concealer, or mineral makeup on Day 5.
- For aggressive treatments, pinpoint bleeding and clear weeping and oozing will be present for a few days, contact the office if this worsens or the oozing is yellow/green.
- Itching is common and expected during the healing process. To help with expected mild discomfort and moderate itching, you can use lasercyn spray first, then Neova Cooling Gel, Recovery Lotion or Velez face mask (all available for purchase in our office) 2-3 times a day. Antihistamines such as Allegra AM and Benadryl PM may reduce itching. Benadryl may cause drowsiness.
- If itching is unbearable, your practitioner may prescribe a cream for additional relief.
- If you have a history of cold sores, take Valtrex as directed by your provider.
- Sleep with your head elevated and change pillowcases if affected by ointment.

#### ● **THINGS TO AVOID:**

- Exercise, sweating, excessive heat, saunas, hot tubs, etc. for 5 to 7 days.
- Avoid the use of scrubs or exfoliants for 1 week.
- Minimize exposure to pets and objects that may contain pet dander. Do not allow pets to lick the treated areas.
- Avoid sun exposure to reduce risk of hyperpigmentation
- Minimize alcohol intake, OTC anticoagulants, and exercising upside down to limit bruising.
- Touching the treated area for 1-2 days while the skin is healing. To decrease risk of infection, wash hands frequently with soap and water.
- Do not start harsh topicals such as retinoids for at least 2-4 weeks (Tretinoin, Retin-A, Hydroquinone, Vit C)

**PRP/PRF & Exosomes are available options that can be discussed before treatment and purchased to enhance your results. If you have any questions or concerns, please reach out to the Siperstein Dermatology Team as we want your experience just as amazing as your results!**