



## Helix Laser Post Care Instructions

TEXT SELFIES TO [561-861-3355](tel:561-861-3355) DAILY FOR 1 WEEK (Include name of provider who did your laser)

\*MUST HAVE FOLLOW UP APPT WITH YOUR PROVIDER DAY 7 - 10\*

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

- Immediately after the procedure exosomes will be applied by your provider, then a thin layer of vaseline, to leave on overnight. This will help soothe any heat you may feel and start the healing process. SLEEP UPRIGHT first 1-2 nights to help reduce swelling.
- **CLEANSING:** The first time you wash your face will be THE NEXT MORNING after the procedure.
  - **AM Routine** (For 10-14 days)
    - Gentle face wash (Neova, Cerave, Vanicream, etc)- no rubbing or scrubbing.
    - Hypochlorous acid (HCL) antibacterial spray
    - Mix Vaseline and triamcinolone 0.1% cream for first 48-72 hours
    - On day 3 or 4 (depending on when sandpaper texture begins) Start HA serum or Neova Recovery lotion
    - Sunscreen starting day 5
  - **PM Routine** (For 10-14 days)
    - Gentle face wash
    - Hypochlorous acid (HCL) antibacterial spray
    - Vaseline mix with Triamcinolone 0.1% cream for first 48-72 hours
    - Start HA serum or Neova Recovery Lotion on day 3 or 4, depending on when sandpaper skin starts.

\*\*We do not recommend sun exposure for the first 5 days. If outside, apply sunscreen beginning at 5 days post treatment. It is recommended to wear additional sun protection such as a hat or visor while outside

\*\*VINEGAR SOAKS FOR CRUSTING: 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:**

- For Fusion: 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 or concealer on Day 5.
- For aggressive treatments, pinpoint bleeding, 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 HCL spray first, then moisturizer. Antihistamines such as Allegra AM and Benadryl PM may reduce itching.

### **• THINGS TO AVOID:**

- Heated and non-heated exercise, sweating, excessive heat, saunas, hot tubs, etc. for 5-7 days.
- Avoid the use of scrubs or exfoliants for 1 week.
- Minimize exposure to pets and objects that may contain pet dander.
- Avoid sun exposure to reduce risk of hyperpigmentation
- Touching the treated area 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)