



Helix Laser Post Care Instructions

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

YOU WILL HAVE A 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.

****PRODUCTS CAN BE PURCHASED IN OFFICE. SOME ARE INCLUDED WITH YOUR INITIAL PRICING****

- **CLEANSING:** The first time you wash your face will be THE NEXT MORNING after the procedure.

- **AM Routine** (For 10-14 days)

1. Gentle face wash (Cerave, Vanicream, etc)- no rubbing or scrubbing.
2. Hypochlorous acid (HCL)/ hylacyn antibacterial spray
3. Mix nickel size amount vaseline and triamcinolone 0.1% cream 1:1 ratio for the first 2 days
4. On day 3 or 4 (depending on when sandpaper texture begins) Start HA serum or Neova Recovery lotion
- 5.. Sunscreen starting day 5 (MINERAL sunscreen such as zinc oxide. Can purchase at sipderm)

- **PM Routine** (For 10-14 days)

1. Gentle face wash
2. Hypochlorous acid/ hylacyn (HCL) antibacterial spray
3. Vaseline mix with Triamcinolone 0.1% cream for first 48-72 hours
4. 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, add additional moisturizer. Can use allegra or benadryl as needed for 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 3 weeks (Tretinoin, Retin-A, Hydroquinone, Vit C)