

Helix Medium/Deep Fusion (Fractionated Laser Resurfacing) 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)

YOU WILL HAVE A FOLLOW UP APPT WITH YOUR PROVIDER DAY 7 - 10

- 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)
 1. Gentle face wash (Cerave, Vanicream, etc)- no rubbing or scrubbing.(A few samples will be given, additional can be purchased over the counter)
 2. Hypochlorous acid (HCL)/ hylacyn antibacterial spray (will be supplied)
 3. Mix nickel size amount vaseline (samples given) and triamcinolone 0.1% cream (prescription will be sent to your pharmacy) 1:1 ratio for the first 2 days
 4. On day 3 or 4 (depending on when sandpaper texture begins) Start the Hydriniity HA serum or Neova Recovery Lotion (Product will be determined by your provider and may be included in price)
 5. Sunscreen starting day 5 (MINERAL sunscreen such as zinc oxide. Can purchase at at Siperstein Dermatology)
 - 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 Hydrinity HA serum or Neova Recovery Lotion on day 3 or 4, depending on when sandpaper skin starts (product will be determined by your provider and may be included in the price)

**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. Store 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)