



Laser Resurfacing Pre and Post Care (Moxi and LaseMD)

Pre-Treatment Instructions

- **Sun exposure should be avoided at least 2 weeks prior** to treatment
- **Self-tanners should be avoided 2 weeks prior** to treatment
- No make up (including mascara) on the day of your treatment
- Discontinue any prescription or topical products such as retinols, salicylic acids, glycolic acids, etc., one week prior to treatment
- If you are prone to getting cold sores/fever blisters, an antiviral medication may be prescribed to you
- Avoid injectables such as neurotoxins and dermal fillers two weeks before and after treatment. (Some injectables may be done on the same day of treatment, please speak with your provider)

Recommended Pre and Post Skin Care:

Plated Intense is recommended to start using 2 weeks before your treatment

- Use 2 weeks before treatment to reduce inflammation, inhibit melanocyte activity to mitigate post inflammatory hyperpigmentation, and boost collagen and elastin production.
- Calms post procedure skin and helps reduce recovery time.
- Continue to use throughout the treatment series to preserve and maximize results.

**Plated Intense should be the first product applied to the skin. Wait until the skin is dry (5-10 minutes) before applying any other products.

Revive's Hyperpigmentation Cream (8% hydroquinone, 0.025% tretinoin, 4% kojic acid) is recommended for some patients to reduce the risk of hyperpigmentation

- Apply a pea-sized amount to skin in the evening for 2 weeks prior (or as directed by your provider) to your treatment and throughout the treatment series.
- Please be aware the use of hydroquinone can cause skin irritation in some people. If you experience any irritation or other adverse reactions, discontinue use and consult with your provider for alternative products.
- Stop using hydroquinone 3-5 days prior to your treatment. You may resume use of hydroquinone 7 days after treatment.

Post-Treatment Instructions

- Patients may experience a burning sensation for 1-2 hours immediately after treatment.
- Swelling (mild to moderate) and redness is common after treatment
- MENDs (microscopic epidermal necrotic debris) may appear beginning 2-3 days after treatment. Tiny dark spots with a rough sandpaper texture may be noticed. This is normal and part of the healing process. This micro-crusting will separate naturally in approximately 5-7 days.



- Any discomfort can be alleviated with over-the-counter medications such as Tylenol or ibuprofen
- After the first day, wash the treatment area with a gentle cleanser and pat the skin dry. **Do not scrub or exfoliate the treated area**
- Keep the treatment area moisturized daily with a plain gentle moisturizer (e.g., Cetaphil or Cerave)
- Beginning the day after treatment, **apply mineral (zinc oxide and/or titanium dioxide) based sunblock with SPF 30 or higher**. It is recommended to reapply sunscreen every 2 hrs. or as needed. Wear a wide brimmed hat while spending time outdoors
- Do not use prescription topicals or any active ingredients such as Retinol or AHA for at least 1 week after treatment
- Be gentle with the treated area. Do not scratch or pick at your skin
- Avoid direct sun exposure for 2 weeks after treatment
- Avoid strenuous exercise until initial healing has occurred. Increased redness may result from any activity that increases blood flow or body temperature (e.g., alcohol consumption, exercise, and sauna).
- If using a pigment inhibitor resume 1 week after the treatment
- Please contact us with any questions or concerns

* Contact the office immediately for any signs of infection. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching

What To Expect & What You Should Do

Feeling of Warmth	
What to Expect	The treated area may be warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment.
What to Do	Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.
Redness (Erythema)	
What to Expect	Redness is normal and expected. Redness can persist for up to 7 days depending on the intensity of treatment.
What to Do	Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.



MENDs	
What to Expect	MENDs (microscopic epidermal necrotic debris) may appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin.
What to Do	MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. Do not pick at your skin.

***Please note the extreme importance of strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**