



# Minor Erbium Laser Resurfacing

## Day of Procedure:

- Apply clean ice packs to the treatment area every 1-2 hours as needed.
- *Alastin Soothe & Protect Recovery Balm* will be applied all over the treatment area prior to leaving the clinic. Using clean hands, reapply *Alastin Soothe and Protect Recovery Balm* to the treatment area at night before bed and continue as needed to prevent treated area from drying out.
- We recommend placing a new, clean pillowcase on your pillow daily to help prevent infection.
- Keep your head elevated for the first 48-72 hours to help reduce swelling. Use 2 or more pillows at night or when lying down to ensure your head remains elevated.
- If an anti-viral was prescribed for you (e.g. Valtrax), continue to take as directed.

## Day 2-7 AM/PM:

- Wash your face with lukewarm water and use dry gauze or a clean washcloth to cleanse the skin.
- Apply *Alastin Soothe and Protect Recovery Balm* 4-6 times daily, or more if required.
- Do not apply any makeup.
- Do not let the area dry out.

**Continue with this care daily, until you return to clinic for your follow-up.**

## Contact the clinic if:

- Pain persists beyond 1-2 days following treatment without any improvement or relief.
- There is any indication of infection (increased redness, tenderness, or abnormal drainage).
- There is an increased warmth at or around the treatment area.
- You develop a fever, chills.

**If you experience any of the following life-threatening emergencies, go to the nearest emergency department immediately:**

- Severe chest pain.
- Difficulty breathing, shortness of breath.
- Unconsciousness or non-responsive.
- Pain in the leg, increased swelling or discoloration to the leg.
- Slurred speech, one-sided weakness.
- Severe onset headache.

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