



Dr. Charles Mok, D.O. and Dr. Brett Kotlus, M.D.
586-992-8300
8180 26 Mile Road, Suite 300
Shelby Twp. MI 48316
www.alluremedicalspa.com

Pre and Post-Care Instructions For ActiveFX/MaxFX/Deep Fx Laser Procedure

PRE-LASER TREATMENT INSTRUCTIONS

1. It is recommended that all patients having resurfacing treatments done around the mouth have an oral antiviral agent to prevent any cold sore virus (herpes simplex) getting into the laser treated areas. You will be given either:
Valtrex 1gm two times a day or **Acyclovir** 200 mg, take 1 tablet 5x per day until gone, either one to be started the day before procedure. Continue to take medication as prescribed.
2. All patients getting **Max Fx and Deep Fx** treatment should also take an antibiotic beginning one day prior to the treatment and continuing for four more days. Typically **Keflex (cephalexin)** 1gm, twice a day is used, beginning one day prior to the procedure and continued for 5 days total. For allergic patients, another antibiotic may be chosen.
3. Pre-treatment sedation may include **Vicodin** or **Darvocet** and **Ativan**. You will need a driver.
4. A topical numbing cream will be applied to the treated area for about 1 hr. before your procedure. You may also have local injections to numb the areas around the eye and mouth.
5. Things you will need to **have ready for after surgery**: Something for cold compresses (like a bag of frozen peas or linens, etc.) and Tylenol or ibuprofen for discomfort. The day of your treatment, you will receive a kit with all the other products you will need for your aftercare, including: baby shampoo, Aquaphor, CU3 Lotion, and Solar Protection sunblock, and a cooling mask.

SKIN CARE FOLLOWING LASER RESURFACING

Post-treatment symptoms may include the following:

- Several hours of a sunburned feeling
- Swelling, extreme redness, weeping/oozing
- Itching, dryness, blistering
- Heat/sun sensitivity

When at home, the following is recommended:

- Apply **cool compresses** (ice packs or frozen peas, cold towels) **as needed**.
- **First 3-7 days apply Aquaphor** as often as needed (every 2-3 hours) to keep area occluded and moist. When skin redness and/ or oozing resolved, change to the **CU3 lotion** for a lighter moisturizer.
- Do not wash the face the day of the procedure. Do not let hot water from the shower touch the face for 3-7 days. You may use cool water splashes as needed, with hands washed prior with baby shampoo soap.
- Ibuprofen or Tylenol may be taken for discomfort. Benadryl can be taken for itching.
- **Post treatment medications include:** take your antibiotic, antiviral as directed, take the pain pills as needed.

Day after treatment to 7 days post-treatment plan:

- Gently wash treated areas with baby shampoo twice daily. Splash cold water on face to rinse. **DO NOT SCRUB FACE**. For shampooing also use baby shampoo only, no conditioners.
- Avoid picking or scratching the skin. Your skin should flake off in about 3-7 days.

Day 7 to 4 weeks post- treatment plan:

- Avoid sun exposure, wear a hat and sunglasses.
- Wear sun block SPF **30 or more** as soon as skin is healed.
- Moisturize frequently with CU3 lotion or other recommended product.
- Newly purchased make-up can be worn at this time. A mineral based make-up is recommended.
- **Call our office immediately if the skin is unusually red or is not healing evenly.**

Our staff will be happy to discuss additional skin care products to extend you treatment results. Please call our office with any questions or concerns. **(586-992-8300)**

I have received/ reviewed written instructions.

Patient's Name (Printed)

Patient's Signature

Date

Witness Signature

Date

Witness Name (printed)