



## Instruction after PDL, IPL, AFT

Taking care of your skin after a skin procedure is as important as the actual procedure, itself.

- **Wash your face** 1-2 times a day ONLY with **Water & Vinegar solution**: Boil 1 liter of water, cool it off, add 1(one) tablespoon of white vinegar. Mixture should be room temperature.
- Avoid bathing or washing with very hot water. Use tepid water. You may feel like you have a mild to moderate sunburn. Keep the area clean. Wash gently.
- **Next 10 to 14 days** AVOID DIRECT AND INDIRECT SUN EXPOSURE after your treatment. SPF 45 with Zinc Oxide 12%, Octinoxate 7.5% must be worn at all times if you are planning to go/stay outside. At minimum for 10-14 days after the treatment.
- Avoid any irritating medications or chemicals, particularly on the face. Examples of these are Retin-A, Benzoyl peroxide, glycolic acid or astringents, scrubs, peels etc. for 3-5 days after treatment or until skin is healed. See **Resuming Previously Prescribed Medications**
- **BRUISING might ONLY occur after Cynergy PDL Laser**. Post PDL bruising is normal but should not always be expected. Your physician will tell you if it most likely occurs. Treatment on high parameters will cause some bruising which will last up to one week.

### Post-op MEDICATIONS:

- **ACYCLOVIR** - anti viral tablets should be taken: 1 tablet 3 times a day for first 3 days.
- **Intensive Recovery Cream** or **Post Laser Lotion** should be applied to treated area daily 2 to 3 times a day.
- **Arnica**: you might be recommended for you to diminish bruising after PDL Laser

### Resuming Previously Prescribed Medications

- **ACNE**: You can resume your acne medications 3 days after procedure
- **OTHER**: Usually you are able to start using previously prescribed medications 3 -4 days after procedure, and stop 24 hours before next one. Please follow instructions from your provider if you have been told something else.

### General Instructions

- Do NOT use SUNSCREENS, LOTIONS or CREAMS in freezing temperatures - Sunscreens, lotions and creams are water based formulas and WILL FREEZE ON YOUR SKIN causing damage

### When to call office immediately?

Any of the following symptoms at your wound or the area around it:

- **Minor crusting or minor peeling o skin**
- Increasing redness or swelling
- Increasing pain or discomfort
- Yellowish or greenish drainage
- Have Cold sore on your face
- Rash
- Blistering
- A temperature of 100.4° F (38 ° C) or higher
- If you do not have a follow-up appointment

**Please call our office with any questions or concerns: (847) 518 – 9999**