



Instruction after 2940nm ER YAG Pixel

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.
- **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.
- **You may shower** normally and gently massage the areas treated. The skin treated with the laser is now "thin" and needs to be treated delicately. Be careful to avoid over-scrubbing. If you see a spot of bleeding, do not be alarmed, just back off of the intensity of the massage. Pat dry with a clean towel. After shower use **Water & Vinegar** solution to your face, afterwards apply **moisturizer**
- **Exercise**: Mild to moderate physical exercise is permitted, but heavy perspiring should be avoided. In addition, swimming should not be done for at least 2 weeks.
- **Smoking**: refrain from smoking for 1 week or until skin is healed. Smoking it might cause permanent hyperpigmentation on your skin.

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 3 to 5 times a day or more often if skin feels dry.
- 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
- Use ice packs for the first 24 hours to minimize swelling and discomfort. - DO NOT FREEZE YOUR SKIN
- Apply moisturizer whenever feeling dry. Heavy ointments such as Vaseline may clog your pores and cause mild breakouts, so just remember to keep your skin moisturized.
- Cleanse and moisturize daily ONLY with products recommended by Dr. Tryzno
- Avoid alcoholic beverages for the first 3 days because alcohol can dehydrate the skin and body.

When to call office immediately?

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

- 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