



## Lumenis M22™ Q-Switched: Nd YAG Laser Post Care Instructions

### GENERAL INSTRUCTIONS

Avoid direct exposure to sunlight during the first 6-8 weeks following your laser treatment. A sunscreen of SPF 30 or greater should be used whenever exposed to the sun. Wide-brimmed hats, sunglasses, sun-protective clothing or bandages may also be used for sun protection. Avoid any trauma, such as scratching, picking or rubbing, to the treated area. Showers are permitted, but gently pat the area to dry. You may apply make-up to concealer to treated areas after 24 hours. Be careful not to rub or abrade your skin when removing make-up. A green based concealer works best to camouflage the purple or red discoloration that may have been induced by your treatment.

### POST-TREATMENT INSTRUCTIONS

- Immediately after treatment, there may be “frosting” on the area that is treated. Redness and swelling is typical. Pinpoint bleeding may also occur.
- A cool compress may be applied and Tylenol is recommended for discomfort.
- The treated area should be cared for delicately until healing is complete and care should be taken to avoid trauma to the area for the first 7 days after treatment.
- Clean treated area daily allowing water or shower to run over the treated area, pat dry. If necessary, clean the area gently with a mild anti-bacterial soap. Avoid hot and high water pressure hitting the treated area.
- Apply YovinoMD Intensive Recovery Cream or Aquaphor Healing Ointment to treated area 2-3 times a day. Keep the area moist and let any scabs fall off on its own.
- The area does not need to be covered, but gauze or a band-aid should be applied to protect the treated area from irritation by clothing, jewelry, glasses, etc.
- Blistering is common after laser treatment and is a natural part of the healing process. Do not be alarmed by blisters. It is important that you do not pop or pick at them. If the blister pops on its own, keep the skin over it covered with a healing ointment and gauze to promote healing and prevent scarring.
- Do **NOT** pick, peel, scrub, shave, or scratch the skin in the treatment area throughout the healing process. Itching is very common due to the dehydrating effect of the laser. Use YovinoMD Intensive Recovery Cream, Aquaphor Healing Ointment, or hydrocortisone cream to moisturize the area as it heals.
- Avoid sun exposure. When treatment area is exposed, use YovinoMD Sport Defense SPF 50+.
- **If the area looks infected(honey colored crusting oozing, spreading redness) or you have an extreme reaction, contact the office immediately. (310) 887-9999.**

Healing is usually complete in about 5 to 6 weeks depending on the patient's aftercare, immune system, and level of treatment.