

### Sciton's Resurfacing Perfected – Full-Field Erbium Yag Lasers Contour TRL (Tunable Resurfacing Laser) | MLP/NLP (Micro/Nano Laser Peel)

Sciton's Resurfacing Perfected Collection utilizes a Full-field laser (Erbium Yag) that resurfaces the skin by removing variable depths of damaged and aging skin. This treatment is a great way to non-surgically eliminate problematic lines, wrinkles, and irregularities by stimulating new collagen growth and improving your skin's overall texture and resilience.

Patient response can vary after a Laser Resurfacing treatment. The depth of the treatment is customized according to each unique skin condition, desired outcome, and expectation of downtime. The degree of redness and length of healing time will increase with the depth of the peel. Laser treatments may not completely improve or prevent future conditions or aging. There are many variables which influence the long-term result. Additional procedures may be necessary to further enhance results or treat unforeseen complications. There is no guarantee on the results that may be obtained.

- Redness, mild burning or sensitivity, and edema (swelling) is expected post procedure. Skin redness is dependent upon the depth and settings of the treatment, but usually lasts 1-3 weeks (sometimes up to 2-3 months). Swelling is most prevalent the first morning, especially under the eyes. The treated area will feel warm for 12-24 hours, especially during the first 1-2 hours post treatment.
- Oozing or seeping of serous fluid (light pink or clear) may occur with moderate-deep depth treatments (deep TRL around mouth and eyes). This is part of the healing process and can last for 24-72 hours depending on the depth.
- Peeling and flaking generally occur 24 hours post treatment and should be allowed to come off naturally. DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION! Gently washing the skin more frequently will help to promote the peeling process.
- There is a possibility of rare side effects such as burns, scarring, delayed healing times and permanent discoloration. Hyper/hypopigmentation usually resolve within 2-6 months. Safe precautions with sun exposure are recommended.
- Herpes simplex virus infections can occur, with or without a known history of cold sores. Should any kind of infection occur, please contact your clinician immediately.
- There may be some degree of swelling and oozing immediately post treatment; however, contact the office immediately if you have excessive swelling or signs of infection (green or yellow drainage, increase warmth at/around treated area, or fever greater than 100.4).
- Post treatment discomfort may be relieved by oral pain relievers (Tylenol or Ibuprofen). A cold compress can be used to provide comfort and decrease swelling, typically only needed within the first 12-24 hours after the treatment. To avoid further swelling, you may choose to sleep with an elevated pillow on your back.
- Itching or irritation may be relieved by oral antihistamines (Zyrtec, Allegra, Pepcid, or Benadryl) and vinegar rinses, which are also antibacterial and soothing (recipe listed below).

### Site Care

- **\*\*\*CLEANSER:** Cleanse the skin twice daily with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Dry using gentle patting motions with a soft, clean towel. **DO NOT** rub, scrub, or use exfoliant or skin care brushes (Clarisonic). When showering, avoid putting your face directly under the full force stream of water.
- **\*\*\*ALASTIN REGENERATING SKIN NECTAR:** Apply twice a day after cleansing. This will help with healing time and supplement collagen regeneration within the skin.
- **\*\*\*MEDICAL BARRIER CREAM:** Apply this moisturizer at least twice per day with clean hands to the entire treatment area and reapply as needed. You never want this area to heal as a dry scab! This will compromise and delay healing, as well as increase the possibility of scarring.
  - **\*\*\*AQUAPHOR:** Lastly, add a thin layer of aquaphor on top for at least the first 3 days to act as your “Band-Aid.” This can cause breakouts/clogged pores when used for extended periods of time, so only use over the whole face for 1-2 weeks max.
- **Sunscreen:** Proper SPF is a **MUST** and should be used daily (beginning after the skin starts to heal) and consistently. Preferably use a sunscreen with UVA & UVB protection, Zinc Oxide, and a SPF of 30+. We recommend **Elta MD UV Clear SPF 46**. If direct sun exposure is necessary, wear a hat for extra protection. If treated areas are exposed to the sun (direct or indirect) blistering, scarring, hyper/hypopigmentation can occur. Sun exposure should be avoided for at least two months following the procedure. Protect your investment!!
- Local infections may occur presenting as red-splotches, breakouts, or white bumps. The skin is very vulnerable and prone to infection during the healing process with this baby new skin. Measures to prevent this include:
  - Keep the skin very clean at all times. Avoid touching your face unless you wash your hands first!
  - Petrolatum based products (Aquaphor) can cause breakouts for some patients. Stop using these products as soon as the peeling phase is complete (max 2 weeks).
  - Vinegar soaks: Rinse, soak or spritz treatment area multiple times a day (can’t over do it!).
    - 2 tsp white distilled vinegar + 1 cup water. Stored in refrigerator.
  - Expired/old makeup carries all kinds of bacteria – mineral/powder-based makeup is the safest to start with post treatment. If possible, we recommend purchasing new makeup for this time to be safe.  
*\*\*\* Please send photos if this occurs so we can monitor. If it persists, we may opt to prescribe an antibiotic.*
- The treated area should be cared for delicately. Until sensitivity has subsided (~ 2 weeks), avoid the following:
  - Heavily scented lotions/soaps, exfoliant creams (Retin-A, Glycolic, alpha-hydroxy acids), acne creams
  - Loofa sponges, shaving, and aggressive scrubbing
  - Swimming pools and spas with multiple chemicals/chlorine
  - Strenuous exercise and sweating until after the skin has healed
  - Exposure to the sun or tanning in the treatment areas

**If you have any questions or experience possible signs of infection or extreme discomfort, please contact:**

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