SKINTYTE TREATMENT INSTRUCTIONS

Erythema (redness)is usually noted within a few minutes after the completion of the procedure. A slight sun burn sensation in and around the area treated is also normal and expected. These reactions tend to subside within 1-4 hours after the treatment. The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin.

PRE-TREATMENT INSTRUCTIONS:

- Absolutely no sunburn or suntan for two weeks prior to laser treatment. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration.
- Do not use any self-tanning lotions in the month prior to the treatment.
- Stop using Retin-A, Renova, and Differin for one week prior to the treatment.
- Please inform us if you have any history of herpes, cold sores, or fever blisters. We recommend taking Valtrex 500mg, 1 tablet twice daily for 5 days starting on the day before the laser treatment.

POST-TREATMENT INSTRUCTIONS:

- Until sensitivity has completely subsided, avoid all of the following:
  - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
  - Hot or cold water - wash with tepid water
  - Shaving
  - Swimming pools and spas with multiple chemicals/chlorine and severe temperature changes
  - Activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is rarely needed but if so, usually within the first 4 hours after the treatment.
- Makeup can be applied immediately after treatment as long as skin is intact and there are no signs of blistering.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.
- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- If the skin is broken or a blister appears, apply an antibiotic ointment, and contact the office immediately. Keep the affected area moist and avoid direct sunlight.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change.
- Keep the area covered and use a sun block with a protection factor of 30+, reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.

- Subsequent treatments are based upon your clinician's recommendation and are typically 2-4 weeks apart.
- The number of treatments needed will depend upon your individual condition and your body's response to the light.
- The full effects of the SkinTyte treatment appear gradually. It can take 3 to 6 months for full results, although some patients do see them sooner. Full results have been known to last for up to 6 months, but recent studies have shown that some thermal collagen modifications have lasted up to several years, depending on the rate of the patients aging process