



## Pre and Post Treatment Instructions

### PRO Serum Facial

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to Prepare for your PRO Serum Facial:
  - o ABSOLUTELY avoid any sunburn or suntan for 4 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.
  - o Do not use any self-tanning lotions or spray tanning in the month prior to treatment.
  - o Stop using Retin-A or retinol for one week prior to treatment, Accutane for 2 weeks prior.
  - o You may need to use Hydroquinone Cream 4% for 4 weeks prior to a treatment to reduce the possibility of complications.
  - o Please inform us if you have any history of "herpes", "cold sores", or "fever blisters". In such instances, we recommend taking Valtrex 500 mg, 1 tablet twice a day for 5 days starting on the day before the laser treatment. Like sunlight, laser light may cause a cold sore or fever blister leading to more serious complications.
  - o A numbing medicine will be applied in the office just prior to your appointment.
- What to Expect During your Appointment:
  - o Your blood will be drawn on initial arrival to your appointment. The blood will sit for thirty minutes before it can be placed into a centrifuge. Please ask for the WiFi password if you would like to use your device while we wait.
  - o After your blood is drawn, topical numbing medicine will be applied to your skin.
  - o After your blood is spun in a centrifuge, the platelet rich plasma is extracted.
  - o The Profractional laser will be performed followed by a topical application to deliver the plasma into the skin.
- What to Expect After PRO Serum Facial:
  - o Intense burning, redness, warmth and a sunburned sensation are normal responses following Profractional laser. The discomfort generally lasts 2-8 hours after the procedure. Ice packs may help relieve the temporary discomfort. Tylenol can be taken as directed for pain.
  - o Begin the ZO Hydrating Creme the day of the procedure, as often as needed to not let the treated area dry out, as well as to promote comfort (vinegar washes). Use the vinegar wash, followed by a layer of Hydrating Creme. The Hydrating Creme may be uncomfortable with initial application, this is a normal sensation and will subside.
    - ◆ The vinegar wash will promote comfort. Mix 1 tbsp distilled white vinegar with 1 quart chilled water. Soak a soft cotton wash cloth or gauze 4x4 and press gently against skin. Immediately reapply Hydrating Creme.

- o Within 2-3 days the redness will have significantly improved. At this point, the vinegar wash may be discontinued. Continue to apply the Hydrating Creme twice a day (or more often as desired) for one week to promote healing.
- o The skin will feel tight and may be itchy. Peeling or flaking may start on the 2nd or 3rd day following your treatment. **NO MATTER HOW TEMPTING, DO NOT PICK OR SCRUB YOUR SKIN.** Let the peeling occur naturally over the course of 7-10 days. Use Hydrating Creme as needed to help soothe the itching sensation.
- o Once the vinegar wash is discontinued, the new, healing skin needs to be properly cared for.
  - ◆ For one week, cleanse the skin with a gentle cleanser.
  - ◆ After cleansing the skin, apply Hydrating Creme.
  - ◆ In addition to Hydrating Creme, apply a good quality sunscreen.
  - ◆ Be sure to reapply sunscreen every 2 hours.
- o Aerobic exercise, saunas and hot tubs should be avoided for 3 days.
- o Avoid use of topical skin care products containing retin-A, retinol, glycol acid or salicylic acid for 1 week.
- o Make-up can be used once the redness has resolved & the vinegar washes are discontinued. Caution should be used when applying and removing makeup. The treated area may be delicate and should be treated with care.
- o **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT.** A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. **WARNING:** If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as permanent skin discoloration.

**SUMMARY OF PRODUCTS NEEDED** *\*taxes not included*

<b>ZO Hydrating Creme (travel size)</b>	<b>\$53.00</b>
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**I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.**

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**Patient Signature**

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**Witness Signature**

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**Date**