



## ERBIUM POST INSTRUCTIONS

1. Avoid sun exposure or tanning beds during the healing process. The skin is more sensitive after laser treatments.
2. You may notice immediately some **redness, swelling, and flakiness** at the treatment site which can last for **1-3 days or more sometimes starting at the initial treatment or even appearing days after treatment**. The treated area will feel like you have a minor sunburn.
3. By **day 2-3**, red areas may begin to look bronzed. If your skin is not irritated use **moisturizer** twice a day after the 2<sup>nd</sup> – 3<sup>rd</sup> day.. Also use sunscreen (SPF 30 or above) when going outdoors. **Avoid sun exposure** as much as possible for at least 2 weeks after treatment. **NO suntanning beds/salons!!!**
4. Use only mineral makeup 2-3 days after treatment and during the next few days. **Do not apply makeup if there is blistering.**
5. By **day 2-3**, your skin will most likely start to flake and peel. Apply moisturizer and mineral make up as instructed. **DO NOT** pick at your skin as this may cause infection or scarring.
6. Discontinue Alpha Hydroxy Acids (AHAs), glycolic acids, Vitamin C, RetinA, Obagi, etc. regimen until at least 7 days and skin is healed.
7. Aerobic exercises should be avoided for 24 hours.
8. Hot baths are not advised for 24 hours (quick showers recommended).
9. If blister appears apply triple antibiotic ointment and notify the doctor.
10. You will start to enjoy your new complexion within a few weeks of your treatment and improvement will be ongoing as your body makes collagen over the next several months! **So remember it may take from 2-4 weeks before you notice improvement on your skin. Most people need multiple treatment from 4-6 to see a full effect.**
11. Contact us if you have questions about your treatment.