



Home Laser Resurfacing Care

PRE-CARE: (14 Days Prior)

Prepare your skin with the provided Alastin Skincare Products for 2 weeks (14 days prior to your procedure). Please discontinue any Retinol products, topical medications and blood thinning medications (NSAIDS, aspirin, fish oil, Vit E) at least 5 days prior to treatment.

Surgery Date:	
Start Alastin Nectar Date:	
Start Valtrex Date:	

POST-CARE: (5-10 Days Post)

Continue with the following regimen until all peeling and oozing has subsided:

TWICE DAILY:

1. Clean entire laser areas thoroughly with cool water and ALASTIN CLEANSER (largest bottle). Pay close attention to all scabs and crust – these must be loosened with gauze or Q-tips. It is better to have new oozing that to leave the crust/scab.
2. After cleansing, apply ALASTIN NECTAR over treated areas and blend. Let dry for 2 minutes.
3. After drying, apply Petroleum based barrier ointment (you may use the provided barrier, Aquaphor/white petroleum, or STRATAMED over treated areas). Use pea size amount but spread thoroughly to provide moisture and seal to the Nectar. Once skin begins to heal you may continue barrier ointment or replace with daily moisturizer.
4. You may use Vaseline on lips and upper eyelids as needed.

AS NEEDED TO KEEP SKIN CLEAR OF CRUSTS AND BUILDUP:

1. Vinegar Soak (2tbs in 8 oz. water)
2. Diluted peroxide
3. Use Q-tips, Gauze, Wash clothes and circular massage with fingertips in shower to help with debridement
4. Ice as needed

NOTE:

Besides MOISTURE the most important detail in successful post operative care is METICULOUS DEBRIDEMENT. Please contact the office if you are having a hard time keeping your skin clear of debris, contact your provider if you notice any changes that seem abnormal (increase in pain, redness, foul drainage, or tissue that appears rough and thickened).

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Katy Cell # 760-420-9859 (text daily progress photos & for emergency contact)