

**MIXTO SX LASER STUDY
PRE AND POST TREATMENT INSTRUCTIONS
Dr. Michael Cedars & Dr. Tomi Wall
3300 Webster Street, Suite 1106
Oakland, CA 94609
(510) 763-2662**

Before your treatment:

It is important to minimize sun exposure before and after each treatment. Ideally, you should have minimal sun exposure (less than one hour at a time) for one month before and after each treatment. If you must be out in the sun, it is very important to let Dr. Cedars or Dr. Wall know. You must wear a sunscreen specified by us and reapply it every 1-2 hours. This sunscreen will be provided for you for the duration of the study. In addition you must keep the treated areas covered as much as possible (*i.e.*, a hat to protect the face; a button-up or high neck shirt if the chest is being treated).

We will be giving you 2 acetaminophen (Tylenol) tablets immediately prior to your treatment. Please inform your physician if you have any liver problems, allergies to Tylenol, or any contraindication to taking Tylenol.

In the majority of patients, even those without a history of cold sores, treatment of the face with a laser can result in cold sores' being activated. Therefore, we will be giving you a prescription for acyclovir or Valtrex to start 1 day before each treatment. This should be taken 3 times a day for a total of 7 days.

You can go back to work or your daily activity after the treatment, but may want to take the rest of the day off. You most likely will be red and swollen (similar to a sunburn) for 2-3 days after the treatment, and will have some brown flaking for up to a week after the treatment.

You should not exercise or go into a hot tub/steam room/sauna for the first day. Your skin will feel irritated and these activities may worsen that sensation.

After your treatment:

For the first hour or two, you may notice a stinging or burning sensation. You will be given a reusable cold compress to place over your face. We ask you to apply it for 20 minutes every hour until bedtime to help soothe your skin.

We will apply petrolatum ointment (Vaseline) to your skin immediately after the treatment. It is important to apply this ointment three times daily (morning, noon, and at night) in a thin layer for the first 48 hours after your treatment.

For the first night, we recommend sleeping with your head elevated (place 2-3 pillows under your head). This will help to minimize swelling.

MORNING:

Wash treated area with a gentle cleanser (Cetaphil, Aveeno, Cerave). Apply a thin layer of Vaseline ointment. Then, apply the sunscreen that we have provided for you (Elta) over the Vaseline. Avoid make-up for the first 3 days. Starting on post-treatment day 4 you may apply make-up after the sunscreen, but please be gentle. Pat gently on. Do NOT rub or pick at the treated areas.

NOON:

Re-apply Vaseline ointment

NIGHT:

Wash the treated areas with a gentle cleanser, then apply Vaseline ointment.

Please do not use any other products on your face until approved by your physician. No scrubs, no washcloths, no masks.

It is important to take the full 7 days of acyclovir or Valtrex to minimize the possibility of cold sore breakouts.

You will notice a flaking of your skin from 2-7 days after treatment. Please do NOT pick or rub at the area. Yes, we just said that above. You may apply extra Vaseline ointment if you wish.

If you see areas of blister, crusting, oozing, or bleeding, please notify your physician immediately. During business hours, contact the office at (510) 763-2662. After hours emergency: Dr. Michael Cedars: (510) 763-2662, Dr. Tomi Wall: (773) 882-4421.

There is evidence that over several months new collagen will appear. Therefore, the final results are not evident until approximately 3-6 months after the last treatment. This is why it is important to take the last set of photographs 3 months after the 2nd treatment.

If you have any questions regarding your treatment, please do not hesitate to contact us!

Michael Cedars, MD
Tomi Wall, MD