



## PREPARING FOR YOUR TREATMENT

- Ensure you are well hydrated on the day of your treatment, avoid exposure to the sun and drinking alcohol in the days leading up to your treatment.
- Apply sun block (30+) for at least 1 month leading up to your treatment.
- Take all your usual medications as directed, unless otherwise advised by your doctor.
- Start taking your antiviral medication the day before your treatment and continue for 7 days.
- Start taking your antibiotic medication the day of your treatment and continue for 7 days.

## WHAT CAN I EXPECT FOLLOWING TREATMENT?

- You will experience drowsiness caused by the anaesthetic drugs used during the treatment.
- If the doctor has used corneal shields during treatment, your vision will be blurry. This will resolve in a few hours, but it is not advisable to drive, someone must be on hand to assist you home.
- Immediately following treatment, you will notice redness, minor swelling, and heat in the skin.
- Swelling will increase significantly over the next few days peaking at day 2 or 3.
- Expect significant swelling around the eyes. Your vision may be obstructed for the first few days.
- You will experience oozing, sloughing, and flaking of skin for 3-7 days after your treatment. Do not pick, rub, or peel the skin as this increases the risk of scarring and infection
- Your skin will begin to develop scabs, do not pick, pull, or peel the skin and allow the scabs to fall off naturally.

## POST TREATMENT CARE

You will be given a 'take home post treatment care pack' to use in the first 14 days following treatment.

### **DO NOT APPLY ANY CREAMS, GELS, OR SPRAYS TO YOUR SKIN OTHER THAN WHAT'S BEEN PROVIDED IN THIS PACK UNTIL ADVISED BY THE TREATING DOCTOR**

- On the night of your treatment, ensure hair is pulled away securely from the treated area. Gently wash the treated area with the sodium chloride provided to you. Fill the spray bottle with sodium chloride and spray generously. You may use your hands to gently wash your face. Ensure your hands are clean to avoid infection.
- Allow skin to air dry and do not use clothes or 'rub' the skin.
- Apply QV Intensive moisturiser (provided) thickly to the treated skin.
- Avoid hot water and do not use cleansers or any creams, gels, or sprays.
- Cleansing is done four times daily until the skin has healed (7-10 days). For deep resurfacing, this should be done more often particularly if 'oozing' is occurring.
- It is recommended you sleep in a semi recumbent position for 48 hours following treatment to minimise swelling.

## OTHER USEFUL INFORMATION

- A cold compress (not frozen) may be applied to the treated areas to relieve warmth and discomfort. Do not rub the treated area.
- Applying moisturiser and 'fanning' the treated area can also provide relief.
- Do not apply make up until the skin until advised you may do so by the treating Doctor.
- Skin will start to feel itchy several days after the treatment as crusting develops. To relieve the sensation, mix 1 part vinegar with 20 parts cooled boiled water (or remaining sodium chloride) and spray on the affected area as needed. Do not scratch or pick at the skin.
- There are no restrictions on bathing. Do not apply soap, cleansers, masks, exfoliants, shampoo or anything else on to treated skin.
- Try to avoid washing your hair. If you must wash your hair do not allow shampoo to run over the treated area. Have someone wash your hair backwards over a sink.

## FOLLOW UP APPOINTMENTS

- A follow up visit with your doctor is arranged at 7 days, 6 weeks, and 12 weeks post treatment. It is essential you attend these appointments.

## GENERAL PRECAUTIONS

**DO NOT APPLY ANY CREAMS, GELS, OR SPRAYS TO YOUR SKIN OTHER THAN WHAT'S BEEN PROVIDED IN THIS PACK UNTIL ADVISED BY THE TREATING DOCTOR.**

- No exercise for 7 days following treatment. Your treating Doctor will advise when it is safe to resume exercising.
- Do not apply heat to the treatment area e.g. excessively hot baths or showers, spas, saunas until the skin has completely healed (14+ days). This is very important as excessive heat can increase swelling and discomfort.
- No swimming for 14 days following your treatment. Your treating Doctor will advise when it is safe to resume swimming.
- Apply a 30+ or 50+ SPF sunscreen daily after the skin has healed for at least 3 months following your treatment.
- Avoid direct sun exposure for at least 3 months following your treatment. This is very important as your skin will be susceptible to sun damage in the first few months after your treatment. If you need to be outside, apply sunblock and wear a hat or other suitable covering.
- No waxing or laser hair removal in the treated area for 3 months following treatment.
- No skin exfoliation to the treated areas for 4 weeks following your treatment (at least 4 weeks for deeper resurfacing treatments). This includes exfoliating cleansers.

Your doctor is on call 24 hours after your treatment. Please do not hesitate to contact the **AFTER HOURS CONTACT 0412 612 866** so we may provide advice and support you.

*If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.*