

# WHAT TO EXPECT: LASER RESURFACING

Laser resurfacing is a **non-ablative** fractional laser treatment that uses microscopic laser beams to rejuvenate the skin.

KEY BENEFITS: stimulate collagen and elastin to smooth out fine lines, decrease hyperpigmentation

## BEFORE YOUR TREATMENT:

- Protect your skin from the sun.
- Avoid tanning or spray tanning.
- Stop any retinols/retinoids for 2 weeks prior to treatment.

## DURING THE PROCEDURE:

- We'll take before photos.
- Numbing cream will be applied to the treatment areas.
- The skin will be cleansed.
- Goggles or eye shields will be applied to protect your eyes.
- The pulses feel like a “hot rubber band.” A cold air blower will be used for your comfort.
- When complete – after care creams will be applied for you.

## POST PROCEDURE:

- Immediately after treatment there may be redness and itching, which may feel like a sunburn and last for 24-72 hours.
- It is ok to apply ice in 15-20 minute intervals for the first few hours after treatment to reduce any discomfort if needed.
- You may apply makeup if you wish. Avoid retinols/retinoids for 2-3 days.
- Skin may feel tight or swollen for 2-3 days. Your skin may look pink for up to 5 days. Flaking and bronzing may occur and are temporary. Do not pick or peel the skin.
- Wear SPF daily, preferably mineral sunscreen.