

WHAT TO EXPECT: DEKA RESURFACING

Deka resurfacing is an **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:

- Take pre-treatment medications as directed by the provider.
- Be prepared for 7 days of typical down time. We'll discuss if we expect longer downtime.
- Over-the counter pain relievers such as acetaminophen (regular or extra strength Tylenol) and Benadryl (for swelling and itching) may be used, avoid ibuprofen, naproxen, and aspirin for 24-48 hours after the procedure.
- Use of a cold compress or ice packs will help to relieve the swelling.
- Sleep with your head elevated on pillows above the level of your heart to reduce swelling.
- Be sure treated areas are kept moist at all times.

See next page...

WHAT TO EXPECT: DEKA RESURFACING

Day 1-3 Post Treatment

- Always wash your hands before touching your face.
- Gently cleanse the skin 2-3 times a day with plain, lukewarm water and a gentle cleanser (Vanicream Gentle Cleanser) beginning the morning after the treatment. If the gentle cleanser is not adequately removing the ointment when you wash your face, you may cleanse with a solution of vinegar and water (1 teaspoon of white vinegar per 1 cup of water). Sponge or spray this mixture on the area and rinse off gently.
- Soak the gauze in the vinegar solution for 5 minutes then apply the gauze to the face. These soaks help with the pain, dissolve some of the residue and are anti-microbial. Soaks can be done every few hours.
- After cleansing, generously apply Aquaphor taking care to cover all treated areas. The occlusive barrier is needed to provide a protective layer that will hold moisture in the skin and provide protection to the skin as the skin heals. Do not be alarmed if you experience “pin-point” bleeding, this is normal and appears worse than it is.
- Do not allow the treated area to dry out.
- AVOID exercise, gym, or other strenuous activity for at least 4 days.
- Avoid hot environments, saunas and swimming pools.
- Hot water/steam should be avoided. Be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid “picking at” and aggressively scrubbing the skin.
- Avoid direct sun exposure. Do NOT apply sunblock during the first 4 days of healing.

Day 4-7

- You may experience a mild sunburn like effect, while others may have significant swelling, redness, and itching – depending on your skin type.
- Grid marks on the face are a result of the laser fractionation and also resolve over 5-7 days. Continue to cleanse the treated area with Vanicream Gentle Face Wash for 7 days. DO NOT SCRATCH, PICK OR RUB THE SKIN VIGOROUSLY.
- Stop using the Aquaphor. You may change to Vanicream Face Moisturizer.
- DO NOT apply makeup to the treated area for the first week unless otherwise directed.
- Be careful with hair products (shampoo, hair spray, etc.) and perfumes, so they do not touch the treated area.
- PINKNESS is the most common complaint of post laser patients. Pinkness is a normal healing process and is a sign of newly formed skin. Pinkness is extremely variable and can last several weeks in some patients and several months in other patients. A general rule is that the longer the pinkness, the better the result as more collagen is being formed. When pinkness is extreme or longer lasting than expected it can be a sign of over aggressive scrubbing or rubbing, or a sign of some irritating substance being applied. This is new sensitive skin so you need to be very careful about what you apply to your face.



Vanicream Gentle
Cleanser



White Vinegar



Vanicream Lotion



Aquaphor Healing
Ointment



Vanicream
Facial SPF



AS DESIRED:
La Roche Posay
Thermal Spring
Water Spray