



## Patient Education: Erbium Skin Resurfacing

Erbium laser skin resurfacing is a procedure that utilizes erbium ablative lasers to create microchannels in the outer layers of skin, promoting the growth of new, healthier skin. This treatment is beneficial as it effectively reduces wrinkles, fine lines, and other skin imperfections, leading to a smoother and more youthful appearance.

### Before your appointment

You are not eligible for this treatment if you are pregnant, have epilepsy, have used Accutane in the past 12 months, had recent sun exposure or have compromised skin quality in the area receiving the treatment. Additionally, it must be at least 1 month since your last filler treatment and 2 weeks since your last Botox treatment.

Please notify our staff of any changes in your medical history or health status prior to your appointment.

### The day of your appointment

Please make sure the area you want to be treated is clean and free of any skin products. Immediately following treatment, there will likely be redness and swelling. You may apply ice or cold packs for comfort. Avoid strenuous activities for the first 24 hours. Avoid sun and UV exposure to the treated area.

### After your appointment

Symptoms may persist throughout the healing process which may take 1-2 weeks, depending on the individual. It is important you **DO NOT PICK OR REMOVE SCABS** in order to avoid scarring. Keep the treated skin moist with Aquaphor or a similar product 2-3 times a day until the scabs have fallen off on their own.

Swelling is expected during the first 24 to 48 hours, especially around the eyes. It is very important to keep your head upright or elevated with additional pillows when resting.



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Clean the treated area daily allowing soap and water to run over the wound without scrubbing, and then gently pat the area dry. Please use only the products we recommend on the treated area while healing.

Change your pillowcase often to maintain a clean sleeping surface for your healing skin. Additionally, consider not allowing your pets on your pillows or surfaces where your treated skin comes into contact.

Avoid direct sunlight or extreme cold weather.

Do not do heavy aerobic exercise or do anything to raise your core body temperature or blood pressure for 24 hours. No swimming or using hot tubs/whirlpools until the skin heals.

Use of cool packs may be used as needed for comfort. You may place cold packs on your skin for 20 minutes at a time. Remember: 20 minutes on, 20 minutes off.

Motrin or Advil (ibuprofen) or Tylenol (acetaminophen) may be used as directed on the bottle for any discomfort after the treatment unless otherwise stated by your physician.

Benadryl 25-50mg, per directions on the bottle, may be used for itching. Benadryl may make you sleepy. Do not drive or operate machinery accordingly.

\*Any severe swelling, itching, redness, increased discomfort or discharge from the treated area should be reported to Cheeky Medspa.