

## Acne Reduction After-Care Form

Acne develops when the oil glands in the skin get clogged. This creates the right conditions for the acne bacteria to multiply and results in an infection (redness, swelling, soreness and pus). The laser light is absorbed in the clogged gland which results in the formation of oxygen. The oxygen breaks down the bacteria.

The treatment needs to be repeated within a 3 - 4 weeks interval. Maintenance treatments are usually needed, as the treatment can not remove acne permanently.

### Post Treatment Instructions:

1. Immediately after the treatments, you should apply an ice pack, as there may be mild swelling. It is normal for the treated area to feel like "sunburn" for a few hours. You should use a cold compress/ cold pack if needed. Avoid any trauma to the skin for up to 2-5 days, such as bathing with very hot water, strenuous exercise, or massage.
2. Avoid picking or scratching the treated skin to achieve your best results. If any crusting, apply antibiotic cream/ointment (i.e. Bacitracin or Neosporin). A skin moisturizer/sunburn treatment (i.e. Aloe vera gel, Aquaphor or Desitin) may be used. Darker pigmented people may have more discomfort than lighter skin people and may require a skin moisturizer/sunburn treatment or an antibiotic cream/ointment for a longer time.
3. Makeup may be used over the treatment site after swelling has subsided unless there is epidermal bleeding. It is recommended to use new makeup to reduce the possibility of infection. Keep the area moist. Any moisturizer without alpha-hydroxy acids will work.
4. You may shower after the laser treatments in tepid water. The treated area may be washed gently with a mild soap. Skin should be patted dry and not rubbed.
5. You may experience redness and bruising from 5 – 14 days at the treatment site. Avoid direct sun exposure and tanning beds for 1 – 2 months and throughout the course of the treatment so as to reduce the chance of dark or light spots. Use sunscreen SPF 30 (UVA/UVB) or higher at all times throughout the treatment when going outdoors.
6. Avoid tweezing, waxing, bleaching or chemical peels during the course of the treatment. Do not use any irritants such as Retin-A, Benzoyl Peroxide or astringents.
7. Call our office with any questions or concerns you may have after the treatment.