



VANDERVEER  
CENTER®

## **E-Matrix: Pre and Post Care Patient Instructions**

### **PRE-TREATMENT:**

- Cold sores can be triggered by laser therapy. If you have a history of cold sores, please discuss this with your provider prior to your treatment.
- Avoid the sun before treatment. Recently tanned skin cannot be treated.
- *Patients who have taken Accutane within the last 6 months are NOT eligible for E-Matrix® Treatment.*
- Safety considerations are important during the procedure. Your provider will take all necessary precautions to ensure your safety.

### **POST-TREATMENT:**

#### **First 24 Hours after Treatment:**

- Please keep the treated skin completely *clean and dry* for 12 hours.
- Do not rub or pick at the skin, and avoid any irritation to the treated area.
- During the first two days following treatment, avoid hot baths, massages, etc.
- Do NOT apply any products or makeup for first 12 hours after treatment.
- Do NOT go in the sun! Bring a hat if necessary for the drive home.
- Sleep on your back if possible to prevent swelling.

#### **Days 2-7 Following Your Treatment:**

##### ***Recommended Skin Care:***

- Mild Cleanser – Use once or twice daily.
- Post Treatment Cream – Use as needed on treated area.
- Sunscreen (at least SPF 30)

##### ***What to expect:***

- Possible redness, itching and swelling that will decrease over the next 5 days.
- Expect skin to feel like coarse sandpaper, grainy, with brown grid markings.
- Your face will flake and peel as it heals; Refrain from touching or scratching the treatment area.

**Causes for concern:** Treated skin that appears to be “weeping” white or yellow fluid, bleeding; an outbreak of cold sores; a large area of scabbing; significant swelling; severe pain; fever/chills; or nausea/vomiting.

Contact our office immediately **(503) 443-2250** if you experience any of the above symptoms.

6650 SW Redwood Lane, Suite 150, Portland, OR 97224

Phone: 503-443-2250

[www.vanderveercenter.com](http://www.vanderveercenter.com)