



Smoothbeam Pre and Post Care Patient Instructions

Pre-Treatment Instructions:

- Your skin should be completely clean and dry prior to treatment. Remove or omit application of any skin care products on the day of treatment.
- Discontinue the use of all topical medications or products that may be irritating to the skin, such as retinols, tri-luma, acne products, and alpha-hydroxy acids for 1 week prior to treatment.
- The heat from the laser pulses may be slightly uncomfortable during and immediately following treatment. You may apply topical anesthetic (available in our office) prior to treatment to reduce discomfort during the procedure. Tylenol is recommended for any pain before and after treatment.
- Safety considerations are important during the laser procedure. Protective eye wear will be worn by the patient and all personnel in the operative suite during the procedure to reduce the chance of damage to the eye. Your provider will take all necessary precautions to ensure your safety.

Post-Treatment Instructions:

- Immediately after treatment, the skin will have significant erythema (redness), slight to moderate edema (swelling) and a mild to moderate sunburn sensation.
- Possible papules (raised areas) or blisters may form after treatment. Ice packs can be used to reduce discomfort. Your provider may recommend the application of a triple antibiotic ointment if blistering occurs.
- This discomfort usually resolves after several hours but may last as long as one week.
- **AVOID THE SUN**, natural and artificial tanning beds, including self-tanning creams for a minimum of **4 weeks** after treatment to reduce the chance of hyperpigmentation. Use a broad-spectrum SPF 30 zinc oxide sunblock whenever the treated area is exposed to sun of any kind.
- Avoid the use of all topical medications or products that may be irritating to the skin, such as retinols, tri-luma, acne products, and alpha-hydroxy acids for 3-7 days after treatment.
- Multiple treatments (3 or more) over a period of several months may be required to achieve the desired result. You may notice immediate as well as longer term improvements in your skin.

First 24-72 Hours after Treatment: We recommend Epionce which can be purchased in our office.

Epionce Skin Barrier Repair Kit
Milky Lotion Cleanser – use once or twice daily
Medical Barrier Cream – use liberally during the day
Renewal Facial Cream – use at night
SPF 30 – reapply throughout the day even if indoors

Call us immediately at **503-443-2250** if you experience increased pain, redness, or swelling in the treated area.