

The Vascular & Vein Laser Center
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(918)341-5311

Home Care Instructions
For Photodynamic Skin Rejuvenation/Acne Treatment

GET READY:

- After your treatment you will need to stay out of direct sun for at least 1-2 days and prolonged sun exposure for at least 3-4 weeks.
- Rent some good movies to watch following your treatment.
- If you are having your face treated, be sure to bring a large hat, or something to block the sun on your trip home following your treatment.
- Have white vinegar available – helps reduce any stinging sensation (like a sun burn) you might have following the treatment.
- Get your prescription for Valtrex filled if you have a history of cold sores.

DAY OF TREATMENT:

- If you have a history of recurring cold sores (Herpes simplex type I), the morning of your treatment start oral Valtrex 500mg tablets, two tablets per day for three days.
- Bring a large hat, cap, scarf or umbrella to your appointment.
- If possible, try to arrive without make-up. When you arrive, the area to be treated will be thoroughly cleansed. If needed, the area to be treated might be given a microdermabrasion treatment prior to the application.
- Once the light treatment is finished you may appear pink or red.
- Remain indoors and avoid direct sunlight as much as possible.
- Take analgesics as necessary.
- Cool the treated area with your spray bottle of water (stored in the refrigerator). If additional cooling is necessary, spray treated area and position yourself in front of a circulating fan.
- If the treated area still stings, add 1-2 teaspoons of white vinegar to 1 cup of cold water and soak the affected area for 20 minutes. You may apply frozen vegetables or ice packs over the soak for additional comfort. Repeat if necessary every 4 hours. Be sure to cleanse the area with the Cleanser and repeat the post cleansing protocol.

DAY 2

- Hopefully you are red and look somewhat like a tomato.
- You may be swollen especially around the eyes and lips. Spraying cold water and using a circulating fan feels great. Frozen peas or corn over wet wash cloths can be used if necessary to reduce swelling and improve comfort.

- If the treated area should continue to itch, apply thin layer of Hydrocortisone 1% ointment or Benedryl. Try to avoid scratching the treated area.
- You may take a shower and gently cleanse the treated area.
- Take analgesics as necessary.
- Avoid sunlight and remain indoors. Watch movies.

DAY 3

- You may start peeling on day 3 or day 4. Do NOT peel off loose tissue, let it come off naturally.

DAY 4-7

- Many patients start peeling on day 4.
- Once you start aggressively peeling you may steam your treated area at home. Steaming the area helps gently lift the dead skin off and leaves your new skin soft and hydrated. Sweating from exercise also helps you finish the peeling process sooner.
- You may begin applying make-up once any crusting has flaked off. The area may continue to “flake” a little or be slightly red for a few weeks.
- During this healing period it is very important to protect your new skin. We recommend applying a sunscreen daily with at least SPF 30 which provides UVA and UVB protection. This protocol reduces the redness, calms the skin and gives additional sun-block protection.
- If you have any problems or concerns, please call our office at (918)341-5311. We want to assist you.

I have reviewed the home care instructions and all my questions have been answered.

Signature: _____ Date: _____