



La Jolla Cosmetic  
Medical Spa  
est. 2013

# TRL Pre and Post Care

## PREPARING FOR YOUR TREATMENT

### TWO WEEKS PRIOR

- During your skincare consultation, your treatment will be customized to your skincare needs. In some cases, you may be required to pre-treat your skin with prescription Hydroquinone or an alternative pigment suppressing product for 2-4 weeks prior to your treatment.
- It is paramount to limit sun exposure prior to, while healing, and for 12 weeks after this treatment. Protect your skin with a sunblock of SPF 30 or higher and a hat. Do not use tanning beds, and do not apply any spray tan or tanning lotion.
- All necessary products and supplies will be supplied to you, except for white vinegar. You will need one bottle of plain white vinegar to do vinegar soaks. There are some products that are optional, but nice to have while healing. These will be reviewed with you during your consultation.
- If you are taking pain medication during your treatment, you will need to arrange a friend or family member to drive you to the appointment

### FIVE DAYS PRIOR

- Avoid any irritants to your skin including products containing Retin A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, and Vitamin C, including hydroquinone and hair removal creams.
- Avoid aspirin, Motrin (ibuprofen), fish oils, vitamin E, and other blood thinners

### ONE DAY PRIOR

- Day prior to procedure, take antiviral and/or antibiotic as prescribed by your provider

### Day of treatment – DAY 1

- Come to clinic with clean skin, free of makeup including eye makeup. Please bring a hat with you to protect your skin when you leave the office.
- Skin will be red, swollen, and will feel like a deep sunburn. In some cases, there can be some pinprick bleeding. This will resolve on its own as you heal.
- Swelling is expected with this treatment. It usually peaks on day 3, then starts subsiding from there. To help manage this, keep your head elevated when sleeping, avoid salty foods, drink plenty of water, and take antihistamines such as Benadryl and Zyrtec if needed.



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- It is OK to use Ibuprofen or Tylenol if you experience any discomfort.
- It is very important to keep your skin clean. You will need to do a thorough cleanse morning and night to remove any crusting or build up, as well as vinegar soaks throughout the day. Vinegar soaks reduce redness, prevent infection, and speed healing. We recommend doing a minimum of 4 soaks throughout the day, but more can be done if you wish!

Refer

to vinegar soak instruction sheet for more details. Your provider will let you know when to start cleansing

- You should avoid close contact with pets after laser treatment such as sleeping, cuddling, or allowing them to “kiss” lick

you. No matter how clean they are, pets carry germs that are different to human germs. Ask your provider when it is safe to resume close contact.

## AFTER YOUR TREATMENT

### DAYS 2-7 (CAN BE LONGER DEPENDING ON THE LEVEL OF TREATMENT YOU ARE DOING)

Use the following guidelines to take care of your skin until peeling is complete.

<ul style="list-style-type: none"><li>• Upon Waking</li></ul>	Thorough cleanse with gentle cleanser Vinegar soak Rinse with water and pat dry Apply stratamed Apply occlusive balm
<ul style="list-style-type: none"><li>• Midday</li></ul>	Vinegar soak (no need to cleanse) Rinse with water and pat dry Dab on occlusive balm if needed
<ul style="list-style-type: none"><li>• Afternoon</li></ul>	Vinegar soak (no need to cleanse) Rinse with water and pat dry Dab on occlusive balm if needed
<ul style="list-style-type: none"><li>• Before bedtime</li></ul>	Thorough cleanse with gentle cleanser Vinegar soak Rinse with water and pat dry Apply stratamed Apply occlusive balm

- Do not put ANY other creams, ointments, or products of any kind on your skin
- It is ok to shower, but do not let shampoo or let your hair products get on your face.
- Do not rub, pick, or scratch at your skin in any way while it is healing.
- Do not expose the treated areas to the sun; remember that UVA rays can pass through house and car windows. Until you are able to wear sunscreen, do not leave the house without a hat.
- Avoid sources of excessive heat, such as hot tubs, steam rooms, hot yoga, or high impact exercise.
- Finish any antiviral or antibiotic prescriptions.



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### DAY 7 – 2 week

- After the skin has peeled you can begin using gentle moisturizer, approved exosome or growth factor products, mineral sunscreen, and clean makeup.
- Continue to avoid any irritants to your skin until cleared by your provider.
- Skin will be very red after peeling. It will fade on its own over the next 6 weeks.

### 2 WEEKS+

At your 2-week follow-up, your provider will place you on a personalized post-procedure skin care regimen. In some cases, you may be required to use lightening creams for 2-6 months after your procedure. Proper skin care will enhance and improve your results and prevent complications.

If you have questions or concerns, please call the office at (858) 452-2066.