

# Pixel Laser Instructions

## Prior to Procedure:

1. Avoid sun tanning and tanning beds for 2 weeks before treatment.
2. If you have a history of cold sores or herpes, antiviral therapy may be started prior to treatment and continued for one week after treatment. **However, we can not treat an area with an active fever blister.**
3. Must be off Accutane for 6 months before treatment.
4. Avoid Retin A, glycolics and any skin irritants 3 days prior to treatment.

## Day of Treatment:

1. Treatment area will sting and look sunburned after treatment. You may also experience swelling (this is normal).
2. In order to reduce swelling use cool compresses and sleep elevated the first evening.
3. For pain you may take Ibuprofen or acetaminophen as directed from the manufacturer.
4. In order to get the “sting” out, mix 1Tbsp. of white vinegar with 2 cups of cold distilled water. Lightly pat the treated area with the mixture. It will calm the skin and get the “sting” out. You may also soak a wash cloth in the solution, then apply the wash cloth to the treated area. Keep this mixture in the refrigerator to keep it cold. Use this mixture to clean the area for the first 2-3 days.
5. Your normal soap or cleanser may irritate the treated area more during this time.
6. Apply a thin coat of Vaseline or Aquaphor moisturizer as needed daily for the first few days.

## Day 2 of Treatment:

1. For cleansing purposes, use the vinegar/water mix.
2. Red areas will begin to look bronzed/brown, you could still also have some red areas.
3. You may have swelling around the eyes, this is normal, use your cool compress.
4. If skin feels irritated or itches, continue to use Vaseline or Aquaphor only as needed throughout the day. A thin layer of olive oil or coconut oil is also an option.

## Day 3 and after:

1. The skin will start to flake and peel in some areas. **DO NOT PICK!**
2. If the skin is pulled off before its ready, scarring may occur.
3. Itching is a sign of dryness.
4. This skin will feel rough to touch like sandpaper. This is normal.
5. Do not expose the treated area to sunlight while healing.

**If you have any questions, please call The Martin Center at 251-344-7474.**