

New England Dermatology & Laser Center
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GentleYAG: Wrinkle Reduction and Skin Tightening: Patient Instructions

PRETREATMENT INSTRUCTIONS:

- ❑ Tanning, whether it is with natural sunlight, indoor light, or self-tanning products, is not recommended for 2 weeks before your treatment and 6 weeks after your treatment.
- ❑ **YOUR LASER TREATMENT MAY NEED TO BE CANCELLED IF YOU ARE SUNTANNED IN THE AREA TO BE TREATED. THE INCREASED PIGMENT FROM A SUNTAN CAN BE ABSORBED BY THE LASER BEAM AND INCREASE THE RISK FOR COMPLICATIONS. IF YOU DO HAVE A SUNTAN, PLEASE SCHEDULE ANY TREATMENTS AFTER THE TAN HAS FADED.**
- ❑ Sunscreens/sunblocks with an SPF of 30 and ingredients that block both UVA and UVB light should be worn prior to and after your treatment to maximize your results and to minimize complications such as skin darkening from laser treatment.
- ❑ If you are pregnant, breast-feeding, or trying to become pregnant, please alert your physician, as you are not a candidate at this time.
- ❑ If your skin has a tendency to turn dark in areas of minor cuts, abrasions or scars, please talk to your doctor about starting a bleaching regimen before your treatments start to minimize the risk of skin darkening with the laser treatment. This bleaching regimen should be restarted after each treatment, once your skin heals, along with sunblock for 6 weeks.
- ❑ Occasionally, patients who are prone to developing cold sores around the mouth may develop cold sores following laser treatment. Individuals who are so prone may want to take an antiviral medication before treatment. If you have had a history of cold sores, please let your physician know at least one week PRIOR TO your treatment so that an antiviral medication can be prescribed. Also, please RESCHEDULE YOUR APPOINTMENT IF YOU HAVE A VISIBLE COLD SORE OR BACTERIAL INFECTION ON THE FACE AS YOU CANNOT BE TREATED UNTIL THE AREA IS COMPLETELY HEALED.
- ❑ Please stop all use of glycolic acid containing products and retinoids (tretinoin, Retin A, Tazorac, Differin, Renova) and other “anti-aging” products two days prior to treatment.
- ❑ This procedure can be uncomfortable unless you are pretreated with a topical anesthetic. We ask that you please **COME TO THE OFFICE ONE HOUR BEFORE YOUR SCHEDULED APPOINTMENT** to have topical anesthesia applied to reduce discomfort associated with treatment.
- ❑ If you are unable to keep your appointment, please call 413-733-9600 to cancel or reschedule. Patients will be charged for any missed appointment that is not cancelled at least 24 hours in advance.

What to expect during the procedure:

- The procedure takes about 15 to 30 minutes during which time you may feel a burning sensation from the laser. A cryogen skin cooling device is used to cool the skin and help relieve any discomfort.
- When treating the upper lip, the teeth may be protected with moist white gauze or by placing the tongue between the lips and gums. Both also serve to support the lip during treatment, allowing a surface to push against.
- Safety considerations are important during the laser procedure. The patient and all personnel in the operative suite will wear protective eyewear during the procedure to avoid damage to the eye from the laser. Your physician will take all necessary precautions to ensure your safety.

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What to expect after your treatment:

- Immediately after treatment, there may be mild redness in the treated areas, which can last up to 2-3 days. There is usually associated swelling which can last up to 2 hours or longer. The treated area will feel like a sunburn for several hours. Some patients note that their skin feels pleasantly warm after treatment. You should avoid the use of cooling measures such as icepacks or cold compresses.

How to care for your skin after treatment:

- Avoid picking or scratching the treated skin.
- Sunscreen:** To minimize the risk of complications, please use a sunscreen that offers UVA and UVB protection with an SPF of at least 30. Look for a sunscreen that contains either zinc oxide, titanium dioxide, mexoryl, or parsol 1789. **AVOID DIRECT SUNLIGHT** and wear sun-protective clothing to cover the treated area (i.e. a wide brimmed hat) to reduce your risk of pigmentary changes and other complications. Be sure to wear your sunscreen on a regular basis whenever you are outside to optimize and maintain your results.
- Scrubs, toners, glycolic acid, and retinoids:** Your skin will be sensitive for the first week or so after treatment, so do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or retinoids (i.e. tretinoin, Retin A, Tazorac, Differin, Renova).
- Makeup:** If makeup is applied, do not use makeup remover or cleanse harshly as this may injure the treated area. You may resume your normal skin care regimen when your skin no longer feels irritated.
- Bathing:** There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
- The laser treatment is usually performed in a series of 4-6 treatments at monthly intervals or longer for best results. You may notice immediate as well as longer term improvements in the skin.

COST AND PAYMENT POLICY: Since GentleYAG skin tightening is considered cosmetic, you will be responsible for the cost of treatment. Full payment is due at the time of service. Unfortunately, credit cannot be extended. Please discuss the estimated cost of treatments prior to undergoing the procedure. If you have any questions, please make sure they are answered to your satisfaction.

We are pleased that you have chosen New England Dermatology & Laser Center for your skin care and we appreciate your confidence in us. If you have any questions or concerns regarding your treatment, please call us at (413) 733-9600.