**Today you had a Dual Mode laser treatment**

Your treatment was performed by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ For problems or questions, call:\_\_\_\_\_\_\_\_\_\_\_\_

**What to Expect After Treatment**

Dual Mode Laser Treatment produces side effects. The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense and longer lasting side effects; however, some patients who receive a less aggressive treatment may experience side effects of greater-than-expected magnitude, while others receiving more aggressive treatments may experience side effects of less-than-expected magnitude. Notify your physician if the severity of your side effects becomes a problem for you.

**What you might experience after the procedure:**

* **Redness and swelling** are common. While swelling may resolve within 1-2 weeks, prolonged redness may last up to 3 months.
* **Exudates/bleeding/crusting.** Because the laser beam penetrates into the deep dermal layer, clear fluid (exudates) or blood may ooze onto the skin. Crusting or scabbing may form if the exudates or blood dries. Keeping the treated area moist helps prevent crusting and subsequent scarring.
* **Pain** may linger after the procedure is complete. Discomfort from swelling (tightness) is more likely to occur than acute pain.
* Risk of **infection** from bacterial, viral or fungal agents exists despite our best preventative effort.
* **Pigmentation changes.** After treatment, skin may appear darker (hyperpigmentation) or lighter (hypopigmentation) than before, however, this is usually transient.
* **Itching** may occur as part of infection, poor wound healing, contact dermatitis, or the normal wound healing process. Itching can be quite intense at times.
* Flare-up of **acne or formation of milia** due to use of semi-occlusive dressing.

**How to Care for Your Skin After Treatment**

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having a Dual Mode laser treatment. Now it is important to help your skin heal quickly and protect your skin investment.

* **Precautions.** No shower to the treatment area for 24 hours after the procedure. Limit movement of the treatment area to facilitate healing.
* **Wash Your Hands.** Hand-washing is the most important thing you can do to prevent infection. Wash your hands every time before you touch the treated area.
* **Reduce Swelling, Itching / Pain Relief.** To reduce swelling or itching sensation and for pain relief, you may:
  + Place ice packs (cold compresses) on the treated area for the first 2–3 days.
  + Take Panadol (Paracetamol) 500 mg every 6 hours if required.
  + Keep your head elevated while resting, and for the first few nights. Take an oral antihistamine (e.g. Zyrtec) nightly if swelling and itching is persistent or intolerable. This helps reduce swelling and promote healing.
  + Use ice packs to help with swelling and the itching sensation.
  + If these measures are not enough, please call us. A topical steroid cream can be prescribed for the itching.
* **Follow Doctors Instructions.** Remember to finish all of your oral medication as prescribed (if prescribed). Follow wound care instructions on the next page.
* **Questions/Concerns.** Call us if you experience any one of the following:
  + Pain that is not relieved by Panadol
  + Excessive redness, swelling, bleeding, and/or scab formation
  + Excessive itching, especially when accompanied by sign of infection
  + Signs of infection: whitish to yellowish film on treated area, with or without foul odor; you may also develop a fever of 38° C or above
  + Or, if you are just not sure
* **Other Instructions:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**By signing below, I acknowledge that I have read and understood the information, and a copy was given to me. I agree to follow all above instructions.**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_**

**Your “Care Pack” contains:**

* Gauze pads
* Vinegar water – See below
* Vaseline or Solugel ointment
* Caps to keep your hair off your face & neck
* Underpads to put on top of pillows to avoid soiling linens
* Famvir to prevent possible viral infection
* Keflex® to prevent possible bacterial infection
* Other medication \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Remember to finish all medications as prescribed.

**Please follow these cleansing instructions:**

* Wash hands thoroughly with soap, rinse and dry before each wound care session.
* Designate the non-dominant hand as the “clean” hand for retrieving wet gauze, then transfer the gauze to the dominant hand for cleansing.
* Use vinegar soaked gauze every 2–3 hours during the first 24-48 hours
  + Gently dab off exudates/bleeding with vinegar soaked gauze
  + Make sure that vinegar water is in contact with the skin for at least 5 minutes; soak longer for areas with crusting
  + Pat dry with dry gauze
  + Wake up at least once during the first night for cleansing
* Apply Stratacell or Solugel generously over entire treated area after each cleansing
  + Use your fingertips to apply a thick layer all over the treated area
  + You may need to reapply every 1-2 hours for maximum effect
* Allow skin to peel naturally; Do not scrub, rub or exfoliate
* After 72 hours, you may only apply routine moisturizer.

**To Make Vinegar Soaked Gauze:**

Ingredients Needed

* Dry gauze
* Bottled water, 500ml
* White distilled vinegar
* A clean container

1. Open an un-used bottle of each: one 500ml bottled water, and one white distilled vinegar.
2. Pour 2 tablespoons of water out of the bottled water, then add in 2 tablespoons of vinegar.
3. Shake gently to mix.
4. Mark the bottle with a marker as “vinegar water” to avoid confusion. Store in the fridge to soothe the face when using.
5. To make vinegar soaks, place 10 – 20 gauzes inside the container, carefully add in vinegar water until all gauzes are saturated.

If you have any questions, please contact us at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_