

ABLATIVE LASER SKIN RESURFACING

PATIENT INFORMATION & AFTERCARE GUIDANCE

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ABLATIVE LASER SKIN RESURFACING INFORMATION

Ablative laser resurfacing helps to improve the texture of the skin, sun damaged skin, soften fine lines and wrinkles, acne scars, and other minor skin imperfections, especially around the mouth and eyes.

Prior to treatment you will be required to have a consultation to discuss your concerns and the goals for improving your skin. After determining the appropriate procedure, your practitioner will fully describe the procedure, what results to expect and the costs. It is advised that you have a consistent basic skincare routine pre-treatment to improve the healing time and results.

At Phi Clinic we have the following ablative laser devices:

Ultraclear (Clariphi), 2910nm

CO2 (Ultrapulse), 10600nm

Erbium Yag (Dermablade), 2940nm

Your practitioner will advise the most suitable device based on your specific concerns and the amount of downtime will depend on the device chosen and the specific settings used. We may use all 3 devices during your treatment.

WHAT RESULTS CAN BE EXPECTED?

Initially the skin will remain red which will fade to a light pink after 1-2 weeks. Depending on the settings chosen, there may be some scabbing for 1-6 days on the treated areas. Discolouration, pigmentation and grid marks from the laser can also persist for 1-2 weeks. The goal of laser resurfacing is to enhance facial appearance. Your expectations must be realistic, and results should be aimed at improving the skin rather than total correction of concerns. Results of laser resurfacing depend on many factors such as the size, shape and location of the imperfection as well as heredity, age, general skin condition and lifestyle.

PRE TREATMENT ADVICE

HOW CAN I PREPARE?

- Make arrangements to have someone drive you home from your treatment – an Uber or taxi is suitable but please do not take public transport.
- Avoid leaving your home in day light hours for at least 3 days.
- Have an additional pillow ready for sleeping at night and enough pillow cases to change daily.
- Arrive for your treatment in loose, comfortable clothing. Your top should button or zip rather than pull over your head.
- We advise that you wash your hair the night before as we advise not to wash it for 2 days after treatment.
- Sun exposure to the area of treatment is a contraindication to laser and so should be avoided 4 weeks prior to treatment. Fake tan is also contraindicated and should not be applied to the intended treatment area for 2 weeks pre-treatment.
- We highly recommend purchasing Alastin Nectar topical skincare product from us and ideally start using 2-3 weeks prior to your treatment morning and night after cleansing (this can be purchased in addition to your treatment price).

Please purchase the following supplies to have ready for your aftercare:

- Distilled plain, white vinegar.
- Paracetamol 500mg tablets.
- Alastin Nectar (from Phi Clinic, not mandatory).
- A basic moisturiser (we recommend Sheald Recovery Balm by Isclinical, Hydrate by Obagi or daily moisturiser by Cetaphil and you can purchase this from Phi Clinic).
- If you have a history of cold sores we recommend you to take valacyclovir tablets 2 days prior to treatment, on the day of treatment and 2 days following treatment. You can purchase this from the clinic or we can provide you a prescription.
- Note: We will provide a complementary cleanser and spf 50.

ON THE DAY OF THE PROCEDURE:

- Please arrive to the clinic with clean skin and no make up.
- Ensure you have eaten and are well hydrated.
- A topical local aesthetic cream is applied to the skin prior to treatment and left on for approximately 45 minutes to become effective. During this time you can read a book, use your

phone, ipad etc or relax before your treatment. Sometimes local anaesthetic is injected into some areas requiring more advanced treatment, if required. The area is then cleansed and goggles are applied to your eyes to protect them from the laser. Occasionally we use ocular shields similar to contact lens to enable us to treat closely around the eyes.

- You will be given a cool air blower to use on your skin during treatment to make the treatment more comfortable. The laser quickly and accurately vaporises the outermost layers of skin to resurface and smooth the skin. The treatment takes approximately 30-60 minutes depending on the level of treatment being carried out.

POST TREATMENT ADVICE

You have had ablative laser resurfacing for skin rejuvenation. Depending on the device chosen and settings you have had, there will be mild to moderate pain and discomfort. Your skin may be hot, painful and may have pin point bleeding with a clear fluid that weeps from the skin. These side effects are normal and are explained in detail below. Following your treatment, please avoid sun exposure and go straight home, avoiding public transport.

WHAT CAN I EXPECT AFTER LASER RESURFACING?

POSSIBLE SIDE EFFECTS	TREATMENT OPTIONS	COMMENTS
Pain, stinging or discomfort	Paracetamol 1g if needed to maintain comfort levels but it should feel like a sunburn sensation	If any pain, it should feel like a sunburn sensation. You can apply Vaseline as often as required if your skin feels tight, uncomfortable or itchy. Avoid ibuprofen or aspirin as pain relief for the first week. Pain and discomfort should begin to significantly decrease after day 2.
Swelling	To minimize the swelling you should sleep with your head elevated for 5-7 days post treatment by using additional pillows. Cool packs can also be used to reduce swelling if desired.	Swelling will peak at about 48 hours after the procedure- this is normal and to be expected. It will then slowly start to subside after day 3 and is usually gone by day 7-10 . The swelling will be significant day 1 post treatment. Do not be alarmed by this, it is normal and will subside once you get up and your circulation increases.
Redness	We can offer complementary vascular laser if redness does persist longer than 3-4 weeks post treatment	This can be severe immediately after treatment but will start to go down by day 3-4 . Mild redness can persist for several weeks post treatment.
Crusting	Continue to apply Vaseline and vinegar soaks if needed and avoid picking or scratching.	This can appear immediately but will become very dry and itchy on day 2 when the swelling is starting to go down. You will see the dead pigmented top layer of skin begin to peel off in patches leaving the pink and sensitive new skin beneath- this is normal, however it can be itchy.

POSSIBLE SIDE EFFECTS	TREATMENT OPTIONS	COMMENTS
Pink dry skin	Continue to apply Vaseline and vinegar soaks if needed and avoid picking or scratching. Once the crusting has fallen off, you can change from using Vaseline to a moisturiser plus a sun block (SPF30 minimum). Reapply the moisturiser frequently.	Usually by day 5 the crusting will have fallen off to reveal pink new healthy skin underneath. At this point you can change from using Vaseline to a moisturiser plus a sun block (SPF30 minimum). Reapply the moisturiser frequently.

MEDICATIONS YOU MAY HAVE BEEN GIVEN DURING TREATMENT:

Topical Lidocaine and Prilocaine cream 5%, 10% lidocaine cream or Lidocaine and Tetracaine (23% and 7% respectively) mix

Lidocaine 2% or Xylocaine 2% via injection to the area of treatment

Tetracaine 1% eye drops (only if treating aggressively around the eyes and ocular shields are inserted)

Chloramphenicol 1% eye drops (only if treating aggressively around the eyes and ocular shields are inserted)

Paracetamol 1gram (only if needed)

*Please note not all medications may be given - your practitioner will advise you

POST TREATMENT MEDICATIONS:

Following aggressive treatments for acne scarring, deep lines and complete skin resurfacing there is an increased risk of infection and cold sore outbreaks. You can purchase some of these medications to take home with you or a prescription will be provided should you need medications in the days after the treatment. This is not required for lighter resurfacing treatments.

This will include:

- An **antibiotic** to take for **five days** to prevent infection
- An **anti-viral** to take for **five days** to prevent outbreak of cold sore virus (everyone is required to purchase this post treatment and costs approximately £12-40 depending on which one you require)
- A **steroid** cream/ointment to reduce inflammation

If you are required to take the medication your practitioner will let you know and you must complete the course of medication which you have been prescribed - failure to do so can result in a severe infection and permanent scarring.

POST TREATMENT AFTERCARE OPTIONS

OPTION A:

1. Gentle Cleanser (we will provide complementary)
2. Distilled plain, white vinegar (purchase in advance)
3. Sterile Vaseline (we will provide complementary)
4. SPF50 (we will provide complementary, not to use immediately post treatment. Your practitioner will let you know when to start using this, usually around day 5)
5. Oral aciclovir (without a history of cold sores, to start taking on the day of treatment) OR valcyclovir tablets (with a history of cold sores, ideally start taking 2 days before treatment). To purchase in clinic or a prescription will be provided.

OPTION B:

1. Gentle Cleanser (we will provide complementary)
2. Distilled plain, white vinegar (purchase in advance)
3. Alastin Nectar (£180 additional cost, to use 2-3 weeks prior to your treatment, morning and night after cleansing and then again to use immediately after treatment until finished)
4. Sterile Vaseline (we will provide complementary)
5. SPF50 (we will provide complementary, not to use immediately post treatment. Your practitioner will let you know when to start using this, usually around day 5)
6. Oral aciclovir (without a history of cold sores, to start taking on the day of treatment) OR valcyclovir tablets (with a history of cold sores, ideally start taking 2 days before treatment). To purchase in clinic or a prescription will be provided.

OPTION C:

1. Gentle Cleanser (we will provide complementary)
2. Distilled plain, white vinegar (purchase in advance)
3. Topical Exosomes (£500 additional cost, this will be applied only the once by the practitioner immediately post treatment)
4. +/-Alastin Nectar (£180 additional cost, to use 2-3 weeks prior to your treatment, morning and night after cleansing and then again to use immediately after treatment until finished)
5. Sterile Vaseline (we will provide complementary)
6. SPF50 (we will provide complementary, not to use immediately post treatment. Your practitioner will let you know when to start using this, usually around day 5)

7. Oral aciclovir (without a history of cold sores, to start taking on the day of treatment) OR valcyclovir tablets (with a history of cold sores, ideally start taking 2 days before treatment). To purchase in clinic or a prescription will be provided.

REMEMBER:

- Ensure hands are clean and sanitised prior to application of sterile Vaseline and/or creams and use of a flannel to reduce the risk of infection.
- Avoid picking, scratching or rubbing any crustings on the skin – apply more Vaseline if tempted.
- Avoid saunas, steam baths, hot water or swimming for at least 14 days.
- Follow a gentle skin care regime until you are fully healed and told otherwise – cleanse, vinegar soaks, +/- Alastin Nectar, Vaseline/moisturiser and SPF30+ (we will provide a complementary cleanser and SPF50).
- It is necessary to send a picture of your skin to your practitioner every morning for approx. 7 days post treatment – the picture must be in natural light, facing towards a window to capture the front on and both sides of the face.
- You can start to apply mineral make up from the day you switch to a moisturiser however please ensure make up brushes are clean and use mineral make up ideally. Please be aware that it may not cover the redness completely.
- Avoid the use of tretinoin, retinol, glycolic acid, lactic acid, salicylic acid and other exfoliating products for approx. 3-4 weeks. Your practitioner will advise you when it's suitable to restart these.
- Sun exposure must be avoided on the treated area for a minimum of 3 months and SPF50 must be worn daily and reapplied when outside for long periods. Furthermore, it is recommended you wear a sun hat.

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications:

- You will be provided with sterile sachets of **Vaseline**. Use this liberally and frequently especially in the first five days post treatment to help keep the area moist at all times. Make sure you wash your hands thoroughly before applying the Vaseline. It is vital that you do not let your skin become dry or exposed until the surface has healed (this is usually five days however, can be longer).
- The use of **vinegar soaks** can help with itching as well as having antiseptic properties to speed up recovery. We recommend to carry out vinegar soaks every 2/3 hours during the day for the first 5-7 days and then as needed after.

To make a vinegar soak, boil water and allow it to cool. Mix 1 tablespoon of white distilled vinegar mixed with 1 cup of the cool boiled water. Soak the gauze we have supplied to you or use a clean flannel in the solution and apply onto the skin for 10-20 minutes. You should find the soaks to be

soothing. If the solution is irritating for some reason, the vinegar may be diluted by half (half a tablespoon of vinegar to one cup of water).

RECOVERY TIMETABLE

DAY 1-3

- The skin will remain red, tender and swollen with possible pin point bleeding and some clear fluid may develop from the skin
- Avoid going outside in day light hours to prevent UV exposure
- Wash gently the area every 2/3 hours during the day with lukewarm water and pat dry with the gauze provided or a clean soft flannel. Immediately after this carry out a vinegar soak (more details above) and leave on the skin for 10 minutes. Apply Alastin Nectar (if you have chosen to purchase (Option B or C). Finally, apply a good amount of sterile Vaseline
- Administer the anti-viral tablets as directed (oral aciclovir (without a history of cold sores) OR valcyclovir tablets (with a history of cold sores))
- Only if directed, apply the topical steroid cream (Bethamethasone 0.1% cream) after cleansing (before the Alastin Nectar) as instructed
- Only if directed, take oral antibiotics as instructed
- You can also use the Hypo21 spray provided on a gauze to keep the face hydrated
- Change your pillow case daily
- Sleep on an incline (multiple pillows) to reduce swelling

DAY 4-7

- The skin will turn from red to pink, crusting will start to develop making the skin feel dry and itchy. Do not pick or scratch the skin allow these to fall off naturally.
- Wash the area every 3/4 hours during the day with lukewarm water, the gentle cleanser provided and pat dry with the gauze provided or a clean soft flannel. Immediately after this carry out a vinegar soak (more details above) and leave on the skin for 10 minutes. Apply Alastin Nectar (if you have chosen to purchase (Option B or C). Finally, apply a good amount of sterile Vaseline.
- Administer the anti-viral tablets as directed (oral aciclovir (without a history of cold sores) OR valcyclovir tablets (with a history of cold sores))
- Only if directed, apply the topical steroid cream (Bethamethasone 0.1% cream) after cleansing (before the Alastin Nectar) as instructed
- Only if directed, take oral antibiotics as instructed
- You can also use the Hypo21 spray provided on a gauze to keep the face hydrated
- Once the crusting falls off (usually day 5-7) switch from Vaseline to Hydrate Moisturiser or Sheald Balm and use as desired throughout the day
- Apply SPF50 if going outside during the day and where possible wear a sunhat
- Change your pillow case daily

WEEKS 2-4

- The skin will now be fully resurfaced. You can switch back to your normal skincare routine (check with your practitioner with regards to your specific active products) and use make up as normal. There may be some light pink or red colour remaining to the skin tone and any residual swelling will be starting to subside. The skin is very susceptible to sun damage at this stage, ensure SPF50 daily and direct sun avoidance.

WEEKS 5-12

- Redness and swelling will have completely faded at this time. You can switch to a SPF30 but ensure you still avoid the sun on the treated areas.

You will have a scheduled review with your practitioner around this time where your photos will be taken and then plans made for your next step in your treatment plan which could be another laser treatment or injectable such as dermal filler or skin remodelling injections.

WHEN WILL I SEE THE EFFECTS?

- Depending on the settings used, from day 7-10 you will usually see the remaining swelling and redness and any bruising begin to subside.
- After the treatment it is normal for the improvement to take up to 3 - 6 months to reach its maximum effect but it is likely that within two weeks you will see that your skin is clearer, smoother and brighter with the appearance of fewer lines and wrinkles.
- Please remember every individual is different and we cannot give any guarantee as to the eventual outcome or to the duration of the effects.
- Sun exposure will further damage your skin and reverse the effects of the treatment. Sun Avoidance with application of SPF 30+ daily is essential post treatment.

IMPORTANT!

Please ensure that you email three pictures of your skin daily following treatment for 7 consecutive days. These three photos should be front on, right side and left side and taken in natural daylight.

Please email photos to _____@phiclinic.com or Whatsapp _____

Should you need any further advice, or would like to book in for your next session of treatment, please call 0207 034 5999, alternatively, you can email us at info@phiclinic.com