

# Home Care Instructions

## **General:**

- You may use new, oil-free products such as make-up (mineral based powder is recommended) and/or moisturizers immediately after the treatment on clean, intact skin. Use an oil-free sunblock with UVA and UVB protection of SPF 30 or higher immediately after the treatments. Reapply sunblock after every two hours of sun exposure.
- Shaving should be avoided if the skin is irritated.
- Do not hesitate to call if you have any questions or concerns. You may also email Dr. Chavez directly (DrChavez@ClearWaves.com) Of course, if you have any extreme reaction (such as moderate to severe facial swelling, moderate to severe rash, any difficulty breathing, or you are in any other distress) you should call 911 and go to the Emergency Department.

## **PhotoPneumatic Therapy (Isolaz/PPX):**

- Protect the treated area from prolonged sun exposure with SPF 30 or higher sunblock.

## **Smoothbeam:**

- Use only “Oil Free” products after the Smoothbeam treatment. Oil-based products (including “Care-Crème”) can lead to small “water blisters” that generally last for a few days.
- Protect the treated areas from the sun for at least two weeks before and after the treatments. Use an oil-free sunblock with UVA and UVB protection of SPF 30 or higher. Reapply sunblock after every two hours of sun exposure. This will reduce the chance of increased pigmentation or blistering.

## **PhotoDynamic Therapy (PDT):**

- Stay out of the sun/bright light for 48 hours (Sunscreen is not enough!)
- Keep your skin clean, and use Soothe (available in our office) to speed healing.
- If you MUST go outside (in an emergency), wear sunblock, a wide-brimmed hat and protective covering.
- Apply cold vinegar water (1 tsp. white vinegar in 1 cup cold water) for any burning sensation that may occur after sun exposure.

## **Tattoo Removal or Clearscan Vein Treatment:**

- Keep the treated area clean while it is healing. Clean the area gently and then gently pat the area dry. Apply an antimicrobial ointment 2-3 times per day and keep the area covered with a clean dressing while the area is healing.
- You may apply cool compresses as necessary for 24 hours after the laser treatment to help reduce discomfort and inflammation. You may take plain Tylenol, but avoid aspirin.
- If the area blisters or scabs, do not pick at the scab, pop the blister, or allow the skin to become scraped—these may result in infection and/or scarring.
- Wear a sunblock with an SPF of 30 or higher over the area for 6 months following the treatment.
- If the area looks infected (honey colored crusting and oozing, or spreading redness), if you experience an unusual discomfort or bleeding, if any other complications develop, or if you have any questions or concerns, contact the office immediately.
- For ClearScan (vein) treatments, wear compression hose (if legs are treated) and avoid hot showers or exercise (anything that will increase circulation to the treated area) for 2 weeks. If your face was treated, also avoid alcohol or anything that you know may cause your face to “flush” for 2 weeks.

## **VaserShape or Zeltiq:**

- Be well hydrated before and after the treatment. Also, exercise regularly. Exercise and hydration help the body eliminate the broken down fat cells. You may exercise and resume normal activities immediately.