
PRE-OP INFORMATION SHEET FOR LUMENIS LASER SURGERY

Thank you for your interest and questions concerning Lumenis therapy and treatments. As you are aware, this is an ongoing technology that has been used for a variety of treatments. The Lumenis laser applies pulses of fine laser light to areas of skin causing laser beam penetration and heat that allows vaporization and then healing of areas to be treated. Its two functions are superficial skin treatment which re-surfaces rough spots, acne scars, brown spots and pores. The second function is a beam that penetrates into the skin and disrupts the collagen and elastin fibers which then heal smoother helping lines, furrows, wrinkles and deeper acne scars. The Lumenis laser is the “gold standard” for CO2 fractional laser technology.

WHAT TO EXPECT FROM LASER TREATMENTS

BEFORE LASER TREATMENT

When you elect to have laser treatments, the following may be done during the course of the treatments:

- You may have a consultation with a physician for discussion of your laser treatment and pricing information.
- There may be photographs taken before treatments, during treatment and after treatment to monitor your progress.
- You may receive a shot of cortisone the day of the laser treatment in order to reduce swelling and irritation from the treatments.
- There are three infections which may rarely occur on a person’s skin after laser therapy. Therefore, we may use prophylactic medications the day of laser surgery and for several days after surgery to help prevent these infections.
 - A. Bacterial infections. We are currently using Zithromax to help prevent these infections.
 - B. Viral infections. Viral infections such as cold sores or fever blisters, which are herpes simplex, are treated with Valtrex or Zovirax. If you have had cold sores in the past, be sure to tell the doctor and the nurses.
 - C. Yeast or fungal infections. These are rarely seen, but may be helped by Diflucan.
- In addition, Skin Dimensions SB Recovery Ointment may be used for several days after laser treatment.
- The day of laser surgery we usually ask that you arrive 60 minutes before your appointment. This will allow us time to cleanse the area to be treated, review any necessary paperwork, take any photographs that are necessary, and apply any appropriate anesthetics. Please do not wear any make-up or cosmetics the morning of the treatment.
- Once the area is prepared, you will be shown into the procedure room by the nurse. The areas to be treated will be prepped and cleaned. If there is any treatment to be done on your face or around your eyes, there may be metal or plastic eye shields or glasses put into place prior to doing any laser work. This is to protect the eye cornea and retina from any laser exposure. If you have a history of eye problems or corneal abrasion, please tell your nurse and physician prior to the treatment.
- You will then be assisted by the nurse and review instructions with the doctor if necessary.
- At Soderstrom Skin Institute our laser procedure room and facilities and conveniences will be used for your laser surgery.
- The areas to be treated may be anesthetized locally so that the pulses of the laser beam will penetrate the skin without causing any severe discomfort. If you are allergic to any anesthetics, be sure to let the doctor or the nurse know. Usually, topical anesthetics are all that is needed.

- Once the laser treatments have been completed, the areas treated will be covered with an ointment which is applied while you are still in the procedure room. Ice bags may also be applied to the treated areas to help reduce any inflammation or swelling from the laser beam treatments. Although the laser beam is a light beam, when it penetrates the skin it creates heat. Reducing the heat in the skin helps the treatment process and helps the healing of the skin after surgery.
- The first day your skin may be red to bright pink, itchy and feel coarse. There may be slight to moderate swelling the 2nd day and there may be some peeling of the treated areas for the next couple of days. The ointment and cool packs applied every hour or two minimizes this.

THE FIRST FEW DAYS AFTER LASER SURGERY

- By the 3rd or 4th day, the pinkness is receding and peeling is ending. Start applying sunscreen.
- You may be seen the day or two after your treatment to make sure that the healing process has started in a normal manner and we will assist you with reinstruction of your pills or application of your ointments.
- The ointments and topical medications will most likely be used for a few days depending on each individual. You may be seen once or twice within the first week after your laser treatments.
- At this time, we will talk about the cover up cosmetics which work the best as you continue with social engagements and work. You will be able to get a FREE make-over in Skin Dimensions.
- It is very important after laser surgery to use ointment to keep your skin moist. It has been found that it is much better to have the skin heal with ointment on it than to form dry areas. Therefore, it is very important to put ointment on all the laser treatment areas as they heal every hour or two until the doctor says it is okay to stop.

AFTER LASER SURGERY

- During this period of time, you will begin to start noticing improvement. If for any reason healing is slow or questions arise, call us immediately. Our office number is (309) 674-7546. Dr. Kentosh's cell is (814) 397-9302.
- You will still be seen once or twice for a month or so until the layers of your skin have healed across completely.
- Each person is different and the length of the lingering pinkness is not predictable, but usually a few days.
- It is during this period of time that cosmetics may be used again. Then the usual make-up can be applied over it as you continue your social engagements and work. During this period of time, it is important to let us know if there are any areas that heal stubbornly. It is also important to let us know if there are any changes in areas that have been healing well. These can be dealt with as they occur if you tell the nurses and the doctor if any of these occur in your case.
- End of the first week, light textured moisturizer applied several times a day and use a good sunscreen.
- By the end of the 3rd week, other topicals like glycolic cream and retinols may be applied as tolerated.
- One of the most important aspects of the post operative period is to protect your skin from over pigmenting. Many people's skin normally heals with increased pigment, particularly people who tan well or have a darker complexion. It is, therefore, recommended during at least three to four months of the post-operative period that you avidly avoid sun exposure and use sunscreen sun protections. Wearing a sunscreen while you work if you work under fluorescent bulbs is also advised. If you do notice areas that are starting to show an increase in pigment, let the nurses or the doctor know right away so that a bleaching cream may be used. It is frequent that glycolics or Retinol are used during the post operative period because they help reduce the pigmentation chances, and they help the healing process. There are creams which may be applied to the skin.
- Patient's who have a full face treatment will receive your Skin Dimensions SB Laser Recovery Kit FREE. This includes your first SDSB Blue Cleanser, Recovery Ointment, Light Textured Moisturizer, SPF 45 and Retinol 1X.
- Other common sense sun avoidance activities, such as avoiding the hot sun between 10:00 a.m. and 4:00 p.m., wearing wide-brimmed hats, using strong sunscreen such as Skin Dimensions SB 45 and other Skin Dimensions sunscreens.