



## eCOTone Laser Resurfacing

### Pre-Operative Instructions

- Read the consent form for laser resurfacing
- Use sunscreen and other forms of sun protection and avoid sun exposure at least 10 days prior to treatment.
- Obtain supplies for post-op care.
- Avoid tanning lotions, self-bronzers, and tanning beds at least 10 days prior to the treatment.
- Stop use of any retinol and skincare products with active chemical exfoliants (BHAs/AHAs) such as salicylic or glycolic acid at least 10 days prior to the laser appointment.
- Over the counter supplements such as vitamins may also have products that make your blood thinner. These medications increase the likelihood of bruising and bleeding and should be discontinued at least 10 days prior to treatment.
- You should have a driver or a ride from the procedure.
- **Do not wear any make-up or skin care products to the procedure. Come to the appointment with a clean face.**
- **Dress in layers with short sleeves underneath-you may feel warm after the treatment.**
- **Dressing in a button-down shirt is helpful after you get home so that you do not have to pull a shirt over your face and neck.**
- **Bring a sun hat and sunglasses with you to the appointment for immediate use post-procedure.**

### What to expect after ecoTONE:

- One of the main benefits of eCOTone treatment is that this is minimal downtime. You should expect mild redness and tenderness for 5 days after the treatment.

- The treatment can be repeated after 6 weeks if desired. A series of treatments will yield enhanced results.

### **Post-Treatment Care:**

- Sleep with a clean pillowcase. Elevate your head slightly (with an extra pillow for at least 2 nights. This will help with swelling.
- Avoid sun exposure while you are healing.
- Use a sun blocking hat and sunglasses with UV protection as needed.
- Avoid intense work-outs and sweating until the skin is no longer raw, dry, or scaly.
- Avoid use of hot water (use lukewarm water) while showering or other steamy/moist environments (ie sauna) until the skin is no longer raw, dry, or scaly.
- Tylenol can be use for pain. A cool misting spray my be used for comfort as well, if needed.

### **Immediate Post-op:**

- A thin layer of an occlusive (aquafor) should be used on the treated area until it is no longer dry/scaly. Keep the area hydrated, do not let it dry out.
- Do not use aquafor past 3 days, switch to cerave for very dry skin (shown below)
- Avoid sun exposure.
- This should be done for the day of the procedure until you go to sleep.

### **Starting on the day after the procedure (continue until the skin is no longer raw, dry, or scaly:**

- Avoid Sun Exposure
- AM: Cleanse with Cetaphil or Cerave, then apply then apply aquafor.
- PM: Remove any left over balm with a gauze. Cleanse with Cetaphil, then apply aquafor.
- On Day 3-4, can stop use of aquafor and switch to Cerave for very dry skin seen below

### **Start this when the skin is no longer dry, scaly, or raw:**

- Avoid Sun

- Mineral make-up can be applied.
- Continue sun protection

