

DOT Laser Instructions

Skin Care Kit

Start Jan Marini Skin Care Management System 4 weeks prior to your procedure

Use twice daily as instructed:

- Wash entire face with Bioglycolic Cleanser (Step 1)- AM & PM.
- Apply C-ESTA Face Serum (Step 2)- AM & PM.
- Apply Bioclear (Step 3)- AM
- Apply Enlighten MD (Step 3)- PM
- Apply Transformation Creme (Step 4)- AM & PM.
- Apply Marini Physical Protectant Sunscreen SPF 45 (Step 5)- AM.

1 Week Prior to Your Procedure:

Stop using **Bioglycolic Cleanser, C-ESTA Serum, Bioclear and Enlighten Products**

Avoid the following facial treatments:

- Waxing or Laser Hair Removal
- Microdermabrasion/ Dermaplaning
- Sun Exposure

Medications: Please bring ALL prescription bottles with you to your procedure.

- Valtrex (valacyclovir) 500mg. You will start taking this medication 2 days prior to your procedure and continue taking 2 tabs daily until medication is gone.
- Norco 5-325 mg. After your procedure you may take 1 tab every 4 hours as needed for pain.
- Valium (diazepam) 5mg. After your procedure you may take 1 tab every 8 hours as needed for anxiety or itching.
- Atarax (hydroxyzine) 25mg. After your procedure you may take 1 tab every 6 hours as needed for itching.

Day of Procedure

- Eat a light breakfast the day of your procedure. This will help prevent nausea when you take your pain medications.
- Please arrive at the Mercy Clinic Medical Spa with a clean face. Do not wear eye makeup or jewelry. If you normally wear contacts DO NOT wear them on the day of your laser.
- You must bring a driver with you to your procedure.
- **Please bring filled prescriptions with you to your procedure. These prescriptions should be in their original medication containers.**

Caring for your Skin after DOT Laser Resurfacing

Immediately after Your Procedure

- The facial skin may feel “hot” for the first hour after the procedure. You may use cold packs/frozen peas and cold water spray which will be soothing to the face.
- Keep your face moist during the day by applying topical CU3 Intensive Tissue Repair Crème.
- DO NOT wash your face.

Day 1 (after Your Procedure)

- You may shower today, gently wash your face with Age Intervention Gentle Cleanser.
- Continue using CU3 Intensive Tissue Repair Crème to keep your face moist.

Day 2

- Continue washing your face with Age Intervention Gentle Cleanser.
- Continue using CU3 Intensive Tissue Repair Crème to keep your face moist.

Day 3

- Continue washing your face with Age Intervention Gentle Cleanser.
- If needed, you may remove residual debris from your face by using vinegar washes. (See pg. 3)
- After each soak apply a light layer of CU3 Intensive Tissue Repair Crème to keep your face moist.

Day 4

- Continue washing your face with Age Intervention Gentle Cleanser twice daily.
- You may now use Transformation Face Creme twice daily.
- You may use a light layer of CU3 Intensive Tissue Repair Crème if needed for dryness.
- Use Marini Physical Protectant Sunscreen SPF 45 daily, especially if you’re going to be in the sun.
- You may now wear makeup. We recommend mineral makeup.

Day 5-21

- Wash entire face with Age Intervention Gentle Cleanser (Step 1)- AM & PM.
- Apply C-ESTA Face Serum (Step 2)- AM & PM.
- Apply Transformation Creme (Step 4)- AM & PM.
- Apply Marini Physical Protectant Sunscreen SPF 45 (Step 5)- AM.

Day 21

- Wash entire face with Bioglycolic Cleanser (Step 1)- AM & PM. You may now start using your Clarisonic brush.
- Apply C-ESTA Face Serum (Step 2)- AM & PM.
- Apply Bioclear (Step 3)- AM
- Apply Enlighten MD (Step 3)- PM
- Apply Transformation Creme (Step 4)- AM & PM.
- Apply Marini Physical Protectant Sunscreen SPF 45 (Step 5)- AM.

NOTE: After DOT Laser treatment your skin may be sensitive to products and individual recovery time may vary. If you experience prolonged sensitivity or irritation from a home care product, remove the product from your skin. Please contact the office if you have any questions or concerns.

Supplies to have on hand:

- Fresh bottle of plain, white vinegar
- Generous supply of gauze sponges (may be purchased from the local drug store)
- Benadryl or Claritin tablets (may be purchased without a prescription)
- Tylenol or Ibuprofen tablets (may be purchased without a prescription)

How to Make Vinegar Washes

- Mix 1 teaspoon of white vinegar with 1 cup cool water.
- Soak 4x4 gauze sponges in the solution and apply to face.
- Soak for 20-30 minutes at a time.
- If the solution is irritating for some reason, the vinegar may be diluted by half (1/2 tablespoon of vinegar and 1 cup of water).
- You may repeat the soaks several times daily, starting **on Day 3**.

After DOT-Laser Resurfacing **DO**:

- Sleep with head elevated 2-3 pillows, or use a recliner.
- Protect your skin from sun exposure. Sunlight will cause pigment problems.
- Take Tylenol or Ibuprofen for discomfort.
- Take Claritin or Benadryl for itching.
- Keep a spray bottle of water in the refrigerator and spray on your face for cooling relief.
- You have no food restrictions. However, be aware that hot spicy foods may irritate your lips.
- Wash your hands with antibacterial soap and water before touching your face.
- Wear button-up shirts to prevent irritating your face when you apply or remove your clothing.
- Mix a paste of Johnson's baby shampoo and baking soda to remove CU3 Intensive Tissue Repair Crème from your hair.

After DOT-Laser Resurfacing **DON'T**:

- Don't pick or scratch your face. This will cause scarring.
- Don't strain, bend, lift over 20lbs or exercise for 1 week.
- Don't use good sheets or bedding. Ointment may stain linens.
- Don't be alarmed by pinkness, redness or swelling. These are expected.
- Don't be surprised if you experience mild mood changes or depression. This sometimes happens due to stress and social isolation during the recovery period.

Please call the Mercy Clinic Medical Spa at 820-9340 if you experience increasing pain, fever or chills, blisters in treatment area or itching that does not respond to Benadryl or Claritin.