



GentleYAG Suggested Patient Instructions for Wrinkle Reduction and Skin Tightening

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PRETREATMENT INSTRUCTIONS:

1. Avoid the sun 1-2 weeks before and after treatment or until your provider allows it.
2. Your provider may ask you to stop any topical medications (retin-A) or other skin care products 3-5 days prior to treatment.
3. If you have a history of perioral herpes simplex virus, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular anti-viral medication.
4. If you are tanned or have a darker skin type, a bleaching regimen may be started 4-6 weeks prior to treatment.
5. **RECENTLY TANNED SKIN SHOULD NOT BE TREATED! Treatment within 2 weeks of active tanning (natural sunlight or tanning booth) may result in hypopigmentation (white spots) that may not clear for several months.**

INTRAOPERATIVE CARE:

1. A topical anesthetic may be used; however the skin must be "squeaky clean" prior to treatment.
2. When treating the upper lip, the teeth may be protected by placing the tongue between the lips and gums or with moist white gauze. Both also serve to support the lip during treatment, allowing a surface to push against.
3. The DCD (cryogen skin cooling) device may be used during the laser treatment.
4. Safety considerations are important during the laser procedure. Protective eye wear will be worn by the patient and all personnel in the operative suite during the procedure to reduce the chance of damage to the eye. Your provider will take all necessary precautions to ensure your safety.

POSTOPERATIVE TREATMENT CARE:

1. Immediately after treatment, there should be mild erythema (redness) and mild edema (swelling) in the treatment areas, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment. Some patients note that their skin will feel pleasantly warm after treatment.
2. Your provider may use an optional cooling method after treatment to ensure your comfort.
3. Your provider will inform you when you may resume the use of your usual skin care products. Makeup may be used after the treatment as long as the skin is not irritated.
4. **Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).**
5. Use sunblock (SPF 30+) at all times throughout the course of treatment.
6. Avoid picking or scratching the treated skin.
7. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
8. The laser treatment is often performed 4-5 times at monthly intervals for best results. You may notice immediate as well as longer term improvements in your skin.

Call us at 973-763-7546(SKIN) with any questions or concerns.