



Helix Laser Information and Pre-Treatment Instructions

How it Works: The Helix laser treatment can improve the appearance of fine lines, skin texture, laxity and brown spots. It is a fractional ablative CO2 laser which creates micro-columns of thermal injury. As the treatment is delivered, the old and damaged skin is removed and collagen production is stimulated, leaving you with more youthful looking skin. The CO2 portion can also be combined with a 1570 laser (part of the Helix) which creates bulk heating leading to tightening. This is the Fusion procedure.

Post-Procedure Expectations: During and immediately after the procedure, you can expect a burning sensation that can last 2-4 hrs. The day after the procedure, redness and swelling occur and is usually maximal at days 2-3. The amount of swelling is different for each person but is mostly resolved by 1 week. Pinkness of the skin can last several weeks. While oozing and frank bleeding does not occur with this laser, some pin point bleeding and crusting can occur. The skin will have a sandpaper texture for 2-3 weeks. Nothing can be applied to the treated skin for 24 hours after the procedure other than dilute vinegar, cool water and ice.

Pre-treatment Considerations:

If your **immune system is compromised** for any reason, to include medications or current medical conditions, or if you have an autoimmune condition, notify your provider.

If you are prone to **cold sores**, make sure you take medication (valacyclovir) prior to the laser procedure. Ask your provider for instructions.

Drink plenty of water in the days leading up to the procedure as the target of this laser is water.

There should be no spray tan present on the skin the day of your procedure and you should decrease your sun exposure as much as possible (2 weeks prior preferred).

Men should be cleanly shaven with no hair showing on the surface of the skin.

If you wear contacts, do not wear them on the day of the procedure.

Skin in the treatment area needs to be free of cuts, scrapes, sunburn, tan or rashes.

Regarding medications: notify your provider if you are taking Accutane; blood-thinners are fine but notify provider. If you are taking minocycline or doxycycline, you can stop taking these 2 days prior to your procedure.

Discontinue the use of Retinoids (Retinol, tretinoin, adapalene, Retin-A, Differin, Tazarotene etc...) and glycolic products 5 days prior to treatment.

Lasers cannot be performed on women who are pregnant.

Prior to Treatment:

Extra Strength Tylenol (acetaminophen) 500mg: take two **1 to 3 hours prior** to the procedure.

Cetirizine 10mg (Zyrtec): take 1 every 12hrs for **1 day prior** to the procedure and 3 days after.

Consider purchasing a Cold Face Gel Mask (Amazon) and bring this to your procedure, if you desire, to apply immediately post – treatment.

Have white vinegar on hand for post treatment. Prepare by mixing one tablespoon of white vinegar in 1 cup of filtered or distilled water. Consider purchasing a spray bottle if you prefer to spray onto your skin rather than apply with a clean damp cloth or gauze.



Helix Deka Fusion Post Treatment Instructions and Expectations

Instructions:

- You will likely feel a sunburn sensation for 2 to 4 hours post treatment.
- You can apply a Cold Face Gel Mask, clean gauze or cloth soaked in cool water, or any of the following wrapped in gauze or a clean cloth: ice pack, cold soda can, cold water bottle or frozen vegetable to the face/neck until the burning sensation resolves.
- Continue to take Cetirizine (Zyrtec) **every 12 hours for the first 3 days** post laser procedure.
- For the **first 24 hours**, do not apply any products other than cool water or dilute vinegar (see below).
- Extra Strength Tylenol (acetaminophen) 500mg, take 1 to 2 every 4-6 hrs for the first 2 days as needed.
- Sleep with a clean pillowcase and head elevated on 3 pillows or in a recliner for the first 2-3 nights.
- Avoid sun exposure, intense workouts and sweating for 24 hours. After 24 hours, do not go outside without recommended sunscreen and a hat for 2 weeks.
- Do not expose the treated areas to anything that may cause complications (dirt, pets etc...).

Dilute Vinegar: Mix one tablespoon of white vinegar in 1 cup of filtered or distilled water. Spray on or dampen a clean washcloth/gauze and apply to treated areas once daily until crusting has resolved. Rinsing is not necessary but can be done if preferred.

- **After 24 hours**, the recommended products can be applied as directed. Mineral makeup can be applied 24 hours post treatment.

Morning:

1. Gently wash with antioxidant cleanser (**use dilute vinegar instead for the first day**)
2. Dilute vinegar soak / spray
3. Apply 3-4 drops of Phyto serum to damp skin face and neck and rub in gently
4. Apply 3-4 drops of HA serum to face and neck and rub in gently
5. Apply a thin layer of lipid repair cream
6. Apply PMC Pure Physical Tinted SPF, PMC Mattifying SPF, or other recommended mineral SPF (regardless if outside or not)

Evening:

1. Gently wash with antioxidant cleanser (**use dilute vinegar instead for the first day**)
2. Apply 3-4 drops of Phyto serum to damp skin face and neck and rub in gently
3. Apply 3-4 drops of HA serum to face and neck and rub in gently
4. Apply a thin layer of lipid repair cream

Expectations:

- Swelling will typically last 5 to 7 days. The swelling will be the worst days 2 and 3.
- Erythema (red skin) will typically last 5 to 7 days, and skin will be pink for 2 to 6 weeks.
- Sand paper texture / crusting will likely last 2 to 3 weeks. Do not use exfoliants or other products/procedures to remove the texture.
- You may resume your usual products (retinoids, glycolic, azelaic acid, lactic acid etc...) once the rough texture has resolved (2-4 weeks).