



# HELIX LASER

FOR DEKA OR ABLATION FUSION TREATMENTS

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- Do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish Oil, Excedrin, Aleve, etc..., for at least two weeks prior to your treatment, unless otherwise approved by your healthcare provider.
- Avoid alcohol at least three days prior to your appointment. This will help diminish the swelling after your treatment.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- Please avoid at-home exfoliating 7 days prior to your treatment, such as; at-home dermaplaning, shaving, masks and retinol. Please speak with your skin health provider about products or treatments you're currently using at home prior to your treatment to ensure the best outcome.
- Inform Medical Provider if you have been on Accutane in the last 6-8 months.
- Inform Medical Provider or consult with your doctor if you are on any medications that could prolong wound healing, or affect coagulation.
- Avoid antibiotics 2 weeks prior to treatment.
- Avoid extended sun exposure/UV, i.e. beach, travel to sunny locations, sunbathing, sports, outdoors, long car rides in the sun, etc. and use a SPF 35 or higher 10-14 days leading up to treatment.
- No cold sores, open wounds, or warts in the area to be treated.
- You cannot be pregnant or nursing.
- No self-tanner for 2-4 weeks leading up to treatment.
- If pigmentation is a concern, you can pre-treat with Alastin A-Luminate for best results.

### POST-TREATMENT CARE:

Wash your hands thoroughly and use clean tools to apply any products

- **Sleep elevated after your treatment.**
- Avoid antibiotics for 2 weeks after treatment.
- Bleeding, itchiness, irritation, swelling, crusting, redness and pinpoint dots that look like grid marks can occur after treatment for 7-14 days.
- You may notice unevenness in swelling, or redness, however, this is temporary and will resolve as your skin fully recovers.
- Avoid makeup for at least 4 days, and sunscreen for 24-48 hours (mineral sunscreen is very hard to remove without rubbing your skin, so avoid sunscreen and sun exposure until skin is healed)
- Avoid exfoliating the skin and using active products such as retinol, Vitamin C, and acids for at least 14 days or until skin is completely healed.
- Avoid exercise and high-heat activities for 72 hours.
- Avoid sun/UV exposure for 7-10 days post-treatment.
- Stay well hydrated.
- Avoid alcohol for 72 hours.
- Avoid self-tanner for at least 14 days post treatment.
- Avoid hot tubs, hot showers, hot baths, saunas, and any excess heat for 7-10 days after treatment.



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## POST-TREATMENT | DAILY INSTRUCTIONS

- **Day of Treatment:**
  - Do not wash your face tonight.
  - Use a cold compress for comfort as needed.
  - Avoid hot water and refrain from rubbing the treated area for 24 hours.
  - Spray with Velez Mist as needed for soothing relief.
  - Use a fan for additional comfort.
  - You may take one (1) Prednisone after your treatment.
- **Day 2 (24 Hours Post-Treatment):**
  - Cleanse with Alastin Gentle Cleanser.
  - Apply a vinegar soak after cleansing to reduce redness and peeling (supplied in your kit, or mix 1 tablespoon of white vinegar with 8 tablespoons of distilled water). Apply using a cotton ball or pad, as often as desired. (TIP: Put in the fridge!)
  - Continue using Velez Mist as needed.
  - Take one Prednisone in the morning, one at night.
- **Day 3 (48 Hours Post-Treatment):**
  - Cleanse with Alastin Gentle Cleanser.
  - Use vinegar soaks throughout the day to calm redness.
  - Use Velez Intense Hydration Face mask, as well as the Neck & Body mask.
  - Apply Hydrinity HA Serum and Alastin Ultra Light Moisturizer if the skin is intact and free from blistering/oozing.
  - Take one Prednisone in the morning, one at night.
- **Day 4 (72 Hours Post-Treatment):**
  - Cleanse with Alastin Gentle Cleanser.
  - Continue vinegar soaks as needed for redness relief.
  - Use Hydrinity Restorative HA+ Masque.
  - Apply Hydrinity HA Serum and Alastin Ultra Light Moisturizer if the skin is intact and free from blistering/oozing.
- **Day 5 (96 Hours Post-Treatment):**
  - Cleanse with Alastin Gentle Cleanser.
  - Continue vinegar soaks throughout the day as needed.
  - Apply Alastin HA Immerse Serum and Alastin Ultra Light Moisturizer if the skin is intact.
  - If heat on your face has subsided, you can start using thicker products such as Alastin Soothe and Recovery Balm for added comfort and hydration.

**If you have any questions before or after your appointment, you can email us at [info@rumaesthetics](mailto:info@rumaesthetics) or call 801-514-7650 or for after-hours questions, please text 435-210-6401**  
Thank you for choosing RUMA Aesthetics!