



Client Pre & Post Care Instructions

Erbium Yag

Thank you for scheduling your Erbium Yag treatment with Golden Laser Aesthetics. The instructions below must be followed diligently in order to obtain optimum results.

Pre Care Instructions

- Avoid all active skin care ingredients such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinols/retinoids for 3 days before your treatment.
- No tanning or extended sun exposure 4 weeks prior to treatment.
- Clients should come to their treatment with a clean face and no makeup on.
- Clients who are tanned or sunburned should wait at least 2-4 weeks before being treated in order to avoid additional skin damage.
- Do not proceed with treatment if you have any healing disorders such as diabetes mellitus, connective tissue disease or radiation/ chemotherapy.
- If you are prone to herpes simplex of the lips, mouth or face take an antiviral such as Valtrex 3 days prior and 3 days post treatment. Your technician can get you a prescription upon request.
- If you have used Accutane in the last 12 months do not proceed with treatment
- Do not proceed with treatment if prone to keloid formations or hypertrophic scarring or other skin diseases

Post Treatment Expectations

- Redness, swelling, heat, and discomfort will be present in the treatment area and can last for up to a few days up to a week.
- Possible oozing, browning, or crusting may occur 24-48 hours after treatment and will peel/slough off over the next week.
- Continue to follow the skin care regimen offered by your Esthetician. Do not pick at the peeling skin, as it may lead to scarring.

Post Care Instructions

- Avoid all active skin care ingredients such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinols/retinoids for 7 days after treatment.
- Discomfort can be relieved with cool compresses. A cooling lotion or soothing gel, such as AnteAGE Stem Bio Gel, may be used after Erbium Yag treatments.
- Acetaminophen (Tylenol) or Ibuprofen (Advil) may be taken for discomfort and swelling. DO NOT ingest aspirin or products containing aspirin until complete healing has occurred.
- When washing your face, do not scrub. Use a gentle cleanser with no acids.
- No prolonged bathing, heavy exercise, hot tubs, or saunas. When showering be aware of temperature as you may experience some sensitivity.



- The Post-Care System is recommended for best outcome and healing. The system includes AnteAGE Cleanser, Serum, Accelerator, Melting Moisturizer, and SPF.
 - It is important to protect your skin from environmental elements; therefore, a lotion with a SPF protection of at least 30 should be used daily.
- Do NOT have any other facial treatments for at least 2 weeks post treatment.
- Clean the treated area daily with a mild cleanser. Apply a thin layer of mild moisturizer to the area several times a day until evidence of dryness, blistering or swelling has dissipated.
- Do not rub, scratch or pick at the treated area.
- Makeup may be applied over the treated area 24 hours after the treatment
- Avoid shaving the treated area for 48-hours after the procedure.