**Laser Resurfacing Procedure Recovery Protocol**

**Days 1-7**

1. Hypochlor Spray (spritz all over face) Every 3-4 hours

2. Vinegar Soak (10-15 min. **ice on top or after soak**) Every 3-4 hours

3. Aquaphor/Vaseline (thin layer) Every 3-4 hours

**Days 8 +**

1. Hypochlor Spray (spritz all over face) Every 3-4 hours

2. Gentle Cleanser Twice per day

3. Firming Serum Twice per day

4. Soothing Ointment 2-3x per day\*

5. Hydrating Crème Twice per day

\*Soothing ointment should be applied as very thin layer and used no more than 3x per day to prevent premature skin peeling and avoid post-procedure acne.

**Vinegar Soaks**

- Purchase the following:

-Distilled water

-White vinegar

-Viva paper towels

-Frozen peas/ice (to apply in between cleanings or over your vinegar paper towels/soaking)

- I recommend making a bowl of vinegar solution to use for the entire day. Change the vinegar solution each day

- Use 4 paper towels, 2 folded in half for upper face-nose, and 2 for lower half, below nose to just below jawline. Press into skin for soothing.

-After 10-15 minutes, remove the paper towels. This will help get any old oozing, blood, and Vaseline off the skin. Then apply another layer of Vaseline or Aquaphor.