



## **POST PROCEDURE SKINCARE INSTRUCTIONS DAYS 1-4**

Hand washing is the most important thing you can do to prevent infection. **Wash your hands every time before you touch the treated area.** Please finish all oral medications as prescribed. Please be cautious about sun exposure and do not expose your skin to the sun. If you will be outside, we suggest that you use a mineral based sunscreen to protect your skin in addition to hats and sunglasses to mechanically block the sun.

### **Cold Compress Instructions:**

#### **First 24 hours:**

- Apply cold compresses 10 minutes on, 10 minutes off, including overnight

#### **Days 1–4:**

- Apply cold compresses every hour while awake for 10 minutes

#### **After Day 5 (up to 2 weeks):**

- Apply cold compresses for 10 minutes:
- Upon waking,  
Before and after meals and
- As needed for comfort

#### **Day 1:**

- Do not wash your face or neck for the first 24 hours after the procedure.
- You can bathe from the neck down, but please do not apply any water pressure directly to the treated areas.
- Apply a thin layer of Avene Cicalfate Restorative Cream to all treated areas and maintain a thin layer at all times for the first few days.
- Avoid direct sun and heat.

#### **Day 2-4:**

- You may begin washing the treated area **morning and evening** using water and a gentle cleanser:
  1. Rinse the lasered treated areas with water.
  2. Gently cleanse with **Vanicream Gentle Facial Cleanser**,
  3. Rinse thoroughly with water
  4. Pat skin dry (do not rub) with microfiber cloth
- Apply a thin layer of **Avène Cicalfate Restorative Cream** and maintain a light layer on treated areas at all times.
- Continue to avoid direct sun and heat. If outdoors, apply a **mineral-based sunscreen**.