



## Laser Resurfacing Postoperative Instructions

### What to Expect on the Day of Treatment

<p><b>Prior to Treatment</b></p>	<ul style="list-style-type: none"> <li>▪ Bring a hat and sunglasses for UV protection after your treatment</li> <li>▪ Female patients should not wear any makeup/mascara, lotions, powders or perfumes on or around the areas being treated.</li> <li>▪ Male patients should shave the morning of their treatment but should not apply lotions or aftershave on or around the areas being treated.</li> <li>▪ A topical (cream) aesthetic will be applied, or injections will be performed, to numb the areas</li> <li>▪ The cream will be removed prior to treatment</li> <li>▪ If needed, bring your eye glasses. Contact lenses should be removed prior to treatment.</li> <li>▪ Have someone available to take you home after your treatment.</li> </ul>
<p><b>During Treatment</b></p>	<ul style="list-style-type: none"> <li>▪ You may experience a sensation of warmth (like a mild sunburn)</li> <li>▪ Your eyes will be protected during treatment</li> </ul>
<p><b>After Treatment</b></p>	<ul style="list-style-type: none"> <li>▪ Your treated skin will feel warm like a sunburn for up to 3 hours</li> <li>▪ A layer of Aquaphor will be applied to your treated skin prior to leaving the physician's office.</li> </ul>

### What to Expect When You Get Home

<p><b>Skin Care</b></p>	<ul style="list-style-type: none"> <li>▪ Apply a layer of Aquaphor 3-4 times a day on the treated area for 3-4 days after treatment then after 4 days apply Cetaphil moisturizer 3 times a day for 2 weeks.</li> <li>▪ DO NOT cleanse the treated area for the first 24 hours. Thereafter, a mild cleanser such as Cetaphil can be used 2-3 times per day.</li> <li>▪ If excess itching occurs, you may do the following:             <ul style="list-style-type: none"> <li>- <i>Mix teaspoon of white vinegar to one cup of luke warm tap water. Soak a clean washcloth in the solution and place it over exposed areas of your skin for 10 minutes. Do this three times a day. Gently pat skin dry.</i></li> </ul> </li> <li>▪ DO NOT use any anti-aging/exfoliating/harsh cleansers, medications or scrubs</li> <li>▪ It is important not to "pick" or rub your skin during the micro-crusting, flaking and healing process</li> <li>▪ No makeup or shaving for 7-10 days or per doctor recommendations</li> </ul>
<p><b>For Your Comfort</b></p>	<ul style="list-style-type: none"> <li>▪ No earrings for 2 weeks</li> <li>▪ Apply cold compress to treatment area(s)</li> <li>▪ Keep head elevated to minimize swelling</li> <li>▪ Tylenol can be used for discomfort as needed</li> <li>▪ Benedryl can be used for itching</li> </ul>
<p><b>What You Should Know</b></p>	<ul style="list-style-type: none"> <li>▪ You may have a warm sensation (sunburn-like) for up to 3 hours post-treatment</li> <li>▪ Treated skin will be sensitive – treat it gently</li> <li>▪ Your skin will red following treatment and will eventually flake – it is important not to pick at your skin during this process. Keep it moist with petroleum.</li> <li>▪ As your skin flakes there may be some areas that are darker or lighter, but it should even out over time. <b>Once the skin has completed flaking</b> it is important to use <b>sun block (SPF30)</b> daily.</li> <li>▪ Mild acne flare and/or milia (tiny white bumps) may occur. This should resolve on its own.</li> </ul>
<p><b>Call your Physician</b></p>	<ul style="list-style-type: none"> <li>▪ If you have any post-treatment concerns</li> <li>▪ If you experience cold sores</li> </ul>

**FEEL FREE TO CONTACT US @ 877.481.FACE (3223)**

