

SANCTUARY PLASTIC SURGERY

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POST-OPERATIVE INSTRUCTIONS FULL FACE LASER

Things you will need:

(Please purchase these items before your scheduled procedure)

1. 1 bottle of Hydrogen Peroxide
2. 4 x 4 Gauze
3. Cetaphil "Gentle Liquid" Cleanser and Cetaphil "Gentle" Moisturizer
4. Aquaphor
5. Johnson & Johnson 2 in 1 Baby Shampoo (Full Face Laser Only)

**** AFTER YOUR PROCEDURE ONLY APPLY AQUAPHOR FOR THE
REMAINDER OF THAT DAY ****

**Start these washes only after your first visit/cleaning with one of our Aestheticians.
The cleaning will be the following day after your procedure and all instructions will
be reviewed with you.**

Washing instructions:

1. Pat face with a clean/wet 4X4 Gauze to remove as much of the Aquaphor as possible without rubbing the skin, prior to cleaning.
2. Start preparing the cleansing mixture (Be sure to use tepid to warm water.):
 - 6-8 oz of water
 - 1-2 capfuls of Hydrogen Peroxide
 - 1-2 capfuls of Cetaphil Gentle Cleanser
3. Cleanse your skin by dipping a gauze pad into the cleansing mixture and wiping the skin gently towards the hairline.
4. After each pass, use new 4x4
5. Continue this process until the skin is clean, **RINSE WELL.**
6. Once the skin is cleaned, pat dry with a gauze pad.
7. Apply a good layer of Aquaphor ointment to the lasered area.
8. Wash your face **FOUR** times a day.

The best way to remember or time your washes is to do one after breakfast, after lunch, after dinner and before bedtime. Dr. Pozner and our Aestheticians will advise you when you can discontinue the cleaning and begin using just the moisturizer. Usually in approximately 5-6 days.

****** DO NOT USE ICE ON YOUR SKIN**