

## Laser Resurfacing Post-Treatment Instructions

\*Cleanse/Soak/Ointment 2-3 times a day

*(Soaking solution: 3 cups distilled water and 1 cap of white vinegar)*

\*Stay hydrated by drinking lots of water

\*Sleep elevated to reduce swelling

### Day 1 (1st day after treatment):

- Sun burned appearance with tight feeling
- Avoid direct sunlight and excessive heat
- Begin washing face 3 times a day with soaking solution and gentle cleanser (use your hands only)
- May take tepid shower and wash hair
- Re-apply ointment/cream to treated area as needed (ensure skin remains constantly moist)

### Day 2:

- Swelling should subside and skin may bronze and feel gritty
- Itching (particularly along the jaw-line) tends to begin on this day
- Continue applying ointment/cream (and cool compresses, if needed)
- Continue washing face 3 times a day with gentle cleanser and soaking solution
- For extreme itching, hydrocortisone cream (OTC 1%) may be applied
- AVOID picking and/or scratching

### Day 3:

- Facial skin should begin peeling between days 3 and 5
- Continue washing face with gentle cleanser and soaking solution
- Itching may persist
- The central aspect of the face should begin to exfoliate today leaving behind soft pink tissue
- Continue applying ointment/cream, especially on sides of face by hairline

### Day 4 -Day 7:

- Itching has usually subsided
- May start more aggressive washing with fingertips to promote further exfoliation (do not pick)
- If using an occlusive ointment, may transition to a cream and spot-treat drier areas that may still have some rough skin with occlusive ointment
- Use non-irritating sunblock SPF 30+ with zinc oxide (7-9%) and/or titanium dioxide when going outside

### Day 7-28

- Continue appropriate moisturizer until skin has hydrated back to its normal level (3-4 weeks)
- May start regular skin care program as long as treated area is healed (no exfoliation)
- Continue applying non-irritating sunblock (SPF 30+) and use mineral make-up (powder) to protect treated areas (Do not use liquid foundation as it may clog pores and irritate new skin)
- Avoid exposure to excessive sun for up to 4 weeks (hat or clothing must be used to protect treated areas)
- May return to exercise programs

*Healing will vary based on individual and intensity of individual.*