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### **Laser Resurfacing Post Treatment Instructions**

1. **Medication:** Treated area(s) may be uncomfortable for the first 24-48 hours. Take prescription medication as directed. Avoid use of non-steroidal anti-inflammatory drugs (aspirin, Advil, Motrin). Tylenol is acceptable.
2. **Skin Care:** It is important to keep the skin moist subsequent to treatment. One of the products we suggest is using **Aquaphor or Elta Laser**. Usage can be started two hours after treatment and should be used as frequently as needed in order to keep the area moist so that a dry crust does not form.
3. **Peeling:** Allow the skin to peel on it's own. **DO NOT** forcibly remove the skin. The peeling process usually takes 5-8 days. Notify the doctor if vesicles on the skin develop.
4. **Movement:** The first 48 hours you should keep your activity level moderate. After 48 hours, you may resume your regular activities but avoid over exertion.
5. **Sleeping:** Sleeping on your back with your head elevated will help reduce the amount of swelling. We recommend using an extra pillow behind your head. (It is advised to use an old or inexpensive pillowcase as you may have some minor bleeding and/or ointment on the pillow).
6. **Washing/Showering:** Wash your face twice a day with tepid water and a mild non-soap cleanser (i.e. Cetaphil Cleanser). Showering is permitted using tepid water. It is all right for the water to run down your face but do not place your face directly into the force of water for the first 5-7 days. Pat areas dry. **DO NOT RUB.**
7. **Make-up:** Cover-up makeup can be worn after all peeling has been completed, usually 7-10 days after your treatment.
8. **Sun:** Sun exposure must be avoided for 3-6 months post treatment. Directly following your laser treatment and until all the peeling has been completed, a hat with maximum coverage should be used in place of sunscreen. Sunscreen with at least a SPF 30 should be used regularly. Sunscreen should be Paba-free, non-stinging, broad spectrum and waterproof/water resistant.
9. **Healing Process:** Swelling, blistering and bleeding may occur. Intermittent minor bleeding that resolves with pressure can last up to 24 hours after laser treatment. This is normal and will subside over the first 8 days\*. A pinkish color will develop and may stay for many weeks, possible up to two months. If the skin becomes excessively tight or swollen please notify the office.