

Post Treatment Instructions *Laser Resurfacing and Chemical Peel*

1. **Healing Process:** Swelling, blistering and slight pinpoint bleeding may occur. Intermitting 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.
2. **Medication:** Treated area(s) may be uncomfortable for the first 24-48 hours. Take prescription medication as directed. Avoid use of non-steriodal anti-inflammatory drugs (aspirin, Advil, Motrin). Tylenol is acceptable.
3. **Skin Care:** It is important to keep the skin moist subsequent to treatment. One of the products we suggest is using *Aquaphor Balm*. 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. Typically, a reapplication is done three times a day.

Once your skin has stopped peeling and crusting completely, you can stop using the Post Procedure Balm and start using *over the counter intense Moisturizers*. Reapply this as frequently as necessary to keep the skin moist. This can be as much as four or five times a day.

4. **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.
5. **Itching:** It is common to have some itching in the first few days post-laser. This can be treated by taking over-the-counter Benadryl, at the dose recommended by the manufacturer. It is very important that you do not scratch your skin, as this can result in undesirable scarring. **For severe itching that persists despite Benadryl, call our office.**
6. **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.
7. **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).
8. **Washing/Showering:** While crusting and peeling, wash your face four times a day with tepid water and a mild non-soap cleanser (i.e. Cetaphil Cleanser). **After the peeling period, you can change to twice day.** 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.**

9. **Make-up and skin care:** Reintroducing your normal skin care regime can usually be done after about 1-2 weeks. Cover-up makeup can be worn after all peeling has been completed, usually 7-10 days after your treatment.

10. **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. **During periods of prolonged direct sun exposure, reapply sunscreen every 3-4 hours as needed.** Sunscreen with at least a SPF 30 should be used regularly. Sunscreen should be Paba-free, non-stinging, broad spectrum and waterproof/water resistant.

**For Fractionated CO2 laser, if a full CO2 or Erbium laser is used this may take up to a period of two weeks.*

If you have any questions, please call our office (818)-888-7878