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INSTRUCTIONS FOLLOWING FRACTIONAL CO2 LASER SKIN RESURFACING

After your laser surgery, there are many things which you, the patient, can do to assure the best possible results from your operation. These instructions should be referred to whenever questions arise. If there are any questions not answered here, do not hesitate to call our office.

General Expectations:

1. Avoid direct sunlight and keep skin moist and cool to aid healing
2. Avoid environmental irritants during the healing process (example dust, dirt aerosols and cleaning agents)
3. Avoid dryness and excessive heat (no cooking or rigorous exercise during the healing process)
4. Stay hydrated, eat healthy foods and avoid alcohol
5. Redness and a sun burn-type sensation normally last several hours
6. Neck redness is more persistent and will usually last several days longer than face redness
7. Face will normally bronze and peel within 3-5 days (note: Skin below the neck normally requires up to 2 weeks to bronze and peel)
8. Finish valtrex prescription

Day of Treatment:

1. Keep treated areas covered with Aquaphor ointment to keep skin moist.
2. Apply cooling compresses for discomfort and swelling (example bag of frozen popcorn seeds or wet paper towels frozen in Ziploc bags). Note: Do not apply ice directly to skin and do not use towels as detergents may irritate skin
3. If desired you may spray water mist on the skin using distilled or sterile water
4. You may take analgesics for discomfort. Nonsteroidal anti-inflammatory products tend to work the best (example ibuprofen or Naprosyn)

First Night:

1. Sleep with head slightly elevated
2. Place paper towels or the paper pillowcase protectors provided to you on your pillows to avoid staining them with ointments and creams
3. If experiencing irritation in your eyes, you may use ocular lubricants such as Systane

Day 1 (First day after treatment - first 24 hours):

1. Apply a generous application of aquaphor AS OFTEN AS NEEDED TO KEEP SKIN HYDRATED
2. Keep skin hydrated.
3. Avoid direct sunlight and excessive heat
4. You may take a tepid shower and wash your hair
5. IF YOU START TO DEVELOP AN ALLERGY TO ANY OF THE PRODUCTS, DISCONTINUE THEM AND JUST USE THE AQUAPHOR OINTMENT

Day 2-3:

1. You may cleanse skin using Epionce milky lotion cleanser or Cetaphil.
2. Apply a generous application of aquaphor as needed to keep skin hydrated.
3. Swelling should begin to subside and the skin may bronze and feel gritty
4. Itching (particularly along the jawline) tends to begin day 2-3. To help minimize the itch, starting on day 2, you can apply **vinegar soaks** to the treated area once every hour.
 - a. Fill a large clean bowl with cold tap water and a few ice cubes. Add 1 tablespoon of white vinegar for every cup water. Place a stack of 4x4 gauze or 2-3 clean face cloths nearby.
 - b. Take a few damp, almost dripping wet gauzes or face cloths and apply over treated area, replacing them before they dry out. You may want to repeat 2-3 times for 15-30 minutes each time.
 - c. After the compresses are over, pat area dry with a clean towel and reapply the post-laser balm.
5. For extreme itching you can use hydrocortisone cream 1% over-the-counter
6. Avoid picking or scratching at your face
7. The central aspect of the face begins to exfoliate on day 3

Day 4-7:

1. May cleanse with milky lotion cleanser or Cetaphil. OK to stop vinegar soaks.
2. Apply Aquaphor as needed to keep skin hydrated.
3. By this time itching usually has subsided
4. You may start more aggressive washing with the fingertips to promote further exfoliation but still do not pick at your skin
5. You can spot treat drier areas that still may have some rough skin
6. Use nonirritating sunblock SPF 30+ or more with zinc oxide 7-9% and / or titanium dioxide when going outside
7. You may apply powder minimal mineral makeup

Day 7-28:

1. Continue appropriate moisturizer until skin is hydrated back to its normal level in 3-4 weeks
2. May start regular skin care program as long as treated area is healed but no exfoliation
3. Continue applying nonirritating sunblock and use mineral makeup to protect treated areas
4. Avoid exposure to excessive sun for up to 4 weeks—use a hat and clothing to protect treated areas
5. May return to exercise programs