



MEDICAL + AESTHETIC DERMATOLOGY

417 Main Street

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Laser Resurfacing Aftercare Instructions

What to expect :

- Do not apply cosmetics for 5-7 days or until instructed to do so.
- Do not apply cosmetic remover until instructed to do so.
- Do not apply heat or hot water to the area for 3-4 days. Wash area with cool water.
- Do not rub the area vigorously, only pat dry.
- Do not use hair spray, perfumes or any product on or around the treated area for 5-7 days.
- Remove quality bed linen or clothing while creams are applied.
- Change your pillow case the day of the procedure and two days later
- Do not pick or scratch the treated area.
- Refrain from smoking for 21 days

After the procedure :

Apply ice packs to the treated area immediately after the treatment for comfort. Only use the supplied **Post-Procedure Kit** to cleanse and protect your skin until directed by the physician. The treated area will darken giving the appearance of a suntan.

The first day after the procedure :

Begin washing and wiping area with the **Sensitive Skin Cleanser**. Skin will begin to flake off. Continue applying a thin layer of **Aquaphor/Ointment** to face, and please change your pillowcase.



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Day 2 after the procedure :

Continue washing the area with **Sensitive Skin Cleanser**. You will notice more brown skin debris washing off. After washing, some treated areas may look red like a sunburn. This is normal. Continue applying a thin layer of **Aquaphor/Ointment** as necessary to prevent the skin from drying out.

Day 3 after the procedure :

Continue cleansing with **Sensitive Skin Cleanser**. Continue to apply the **Aquaphor/Ointment** as necessary to your whole face. The treated area will look pink.

Day 4 after the procedure :

Today you will come into the office to have vinegar soaks and a follow up appointment. You may continue cleansing with **Sensitive Skin Cleanser**. The physician or nurse will let you know if cosmetics may be applied.

Any concerns or questions please call the office immediately - 973-635-5050