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LASER TREATMENT AFTER CARE INSTRUCTIONS

Apply ice pack to your laser areas.

- Keep head elevated to minimize swelling.

- Tylenol OTC can be used for discomfort as needed. Benadryl OTC can be used for itching.

- Keep a layer of Aquaphor on the treated area until the skin is no longer peeling. It will not only help your skin to heal, but it will also help you to leave your skin alone. This is typically for 3 days, and after this switch to Cetaphil moisturizer and a Sun Block of at least SPF 30 daily.

- Cetaphil can be used 2-3 times per day along with moist gauze to gently cleanse and remove any crusting.

- **DO NOT** use any anti-aging/exfoliating/harsh cleansers, medications or scrubs

- No make-up or shaving for 7 days or per your physician's recommendations

- Your skin will be red following treatment and will eventually peel. Keep it moist with Aquaphor for 3 days, then switch to a gentle moisturizer (Cetaphil moisturizer is recommended).

- You may have warm sensation (sunburn-like) for up to 3 hours post treatment.

- Treated skin will be sensitive-treat it gently and avoid direct and indirect sunlight until the redness is gone.

- Mild acne flare and/or milia (tiny white bumps) may occur. This should resolve on its own, but if you are not on Retin-A, please notify your physician.

- Call us if you have any post-treatment concern or if you experience cold sores.

Your next appointment is

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