

ERUBIUM AND ABALATIVE LASERS

SKIN RESURFACING

AFTER CARE FORM

Post Treatment Instructions:

The treated area is extremely delicate and must be handled with care during the initial healing phase (7-10 days) . It may take a few weeks after bruising or scabs to disappear for you to notice fading of your lesions. Your response to treatment, therefore, will not be evaluated for several weeks, when the healing process is complete.

1. Apply Bacitracin, Polysporin, or Betamethasone ointment (not Neosporin). It is normal for the treated area to feel like sunburn for a few hours. You should use a cold compress wrapped in a soft cloth if needed. For 10-15 minutes each hour for 4 hours. Avoid any trauma to the skin. Showers are permitted, but prolonged bathing is not advised. Gently pat dry with a soft cloth. Do not rub with a towel or washcloth because the area is extremely delicate while healing. Avoid strenuous exercise, or massage.
2. Avoid picking or “pop” any blisters, on the treated skin to achieve your best results. If any crusting, apply antibiotic cream. Some physicians recommend aloe vera gel or some other after sunburn treatment such as Desitin. Darker pigmented people may have more discomfort than lighter skin people and may require the aloe vera gel or an antibiotic ointment longer. Follow instructions as specified by your laser professional.
3. Makeup may be used after the treatment has quit swelling unless there is epidermal bleeding. It is recommended to use new makeup to reduce the possibility of infection. Keep the area moist. Any moisturizer without alpha-hydroxy acids will work.
- 4. Do not tan the laser-treated area**
5. You will experience redness and bruising from five to fourteen days at the treatment. Avoid direct sun exposure and tanning beds for 1-2 months and throughout the course of the treatment so as to reduce the chance of dark or light spots. Use sunscreen SPF 25 or higher at all times throughout the treatment when going outside.
6. Avoid tweezing, waxing, bleaching or chemical peels during the course of the treatment. Do not use any irritants such as Retin-A, Benzoyl Peroxide or astringents.
7. If work on the leg has been done, wear compression stockings for 48 hours and then during the day while on feet for up to two weeks.
8. Call your physician’s office with any questions or concerns you have after the treatment