



Post-Treatment Instructions

Anticipated Reaction

- ✿ Patient responses will vary. Burning, hotness, redness, swelling, warmth, itchiness and a sunburned sensation as well as tightness sensation are normal and anticipated responses following your resurfacing procedure. Depending on the depth of resurfacing you may experience the anticipated reactions for 3 days to more than 2 weeks. After a few days you may start to notice flaky or peeling skin, **DO NOT PICK, RUB OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION.** Sleep upright the first night after the procedure to avoid or minimize swelling of facial tissues. Worsening of Pain, redness, or formation of blisters and pustules may result from infection or allergic reaction. Take daily photos and email us with concerns.
- ✿ **Cleansing the Skin**
- ✿ Skin should be washed 6 times a day with only cool tap water and soft cotton balls. **DO NOT USE ANY CLEANSERS, SOAPS OR TONERS.** After you have cleansed the skin with cool water apply a thick layer of Aquaphor. You may begin using gentle non-acidic cleanser when the skin has re-epithelialized and healed. This will vary depending on depth of treatments and how each individual heals. If you are uncertain if it is safe to start using cleansers take a few selfies and email us at a_fresh_new_me@aol.com.
- ✿ **Moisturizing**
- ✿ After cleansing the skin with cool water each time use Aquaphor liberally to treated areas until healed. Do not allow the skin to dry out. Adequate cleansing and liberal moisture will minimize skin flakiness and peeling.
- ✿ **Sun Exposure/Activities**
- ✿ Strict sun avoidance for the first eight weeks after treatment, especially if you had deeper (>10 microns) resurfacing procedure. **YOU WILL BURN AND HYPERPIGMENT IF YOU HAVE DIRECT SUN EXPOSURE.** While the skin is healing and you are using aquaphor do not use any skincare products. If you must go outside wear a wide brim hat and stay in the shade. Aerobic exercise, saunas, hot showers and hot tubs should be avoided while healing.
- ✿ **Treatment of Pain/Discomfort**
- ✿ Cool compresses with a damp soft cloth for 10-20 minutes at a time may relieve temporary discomfort. Ibuprofen, Advil, Aleve, Motrin, or Tylenol can be taken as directed for pain. Aquaphor should be applied 6 times daily until skin has healed over.
- ✿ **Return to Regular Skincare Regimen / Make-up Use**
- ✿ Once the skin has healed you may start to wear water based Make-up, we advise using mineral based make-up. Speak with our skincare specialists about what skin care products to restart after your skin has healed. Do not start any skincare products without consulting our staff. Without a good skincare regimen for further improvement and maintenance your results will not last. You should also be using a physical sunblock while healing and a sunscreen with a minimum of spf 30 afterwards.
- ✿ **Causes for Concern and when to notify our office**
- ✿ If you experience worsening of pain, excessive swelling, worsening of redness, bleeding that is not pinpoint, vesicles, blisters, drainage (pus), increased warmth at or around treated area or fever of 101.5 or greater please notify our office immediately. Call (386)333-9978 to speak with a medical practitioner about your concerns. Please always take pictures that you can email us at a_fresh_new_me@aol.com and have for day to day healing comparison. In case of any emergency dial 911 or go to the nearest ER.