



## Laser Skin Resurfacing Pre and Post Care

### Pre-Treatment Instructions

- **Sun exposure should be avoided at least 2 weeks prior** to treatment.
- Self-tanners should be avoided 2 weeks prior to treatment.
- Discontinue any topical products such as retinols, salicylic acids, glycolic acids, etc., one week prior to treatment.
- If you are prone to get cold sores/fever blisters, an antiviral medication may be prescribed to you.
- Avoid injectables such as neurotoxins, and dermal fillers two weeks before and after treatment.

### Post-Treatment Instructions

- Patients may experience burning sensation for 1-2 hours immediately after the treatment. Cooling with an ice pack can provide relief to the treated area. Make sure to enclose the ice pack in sterile and dry gauze to prevent water from penetrating the tissue in the treated area.
- Swelling (mild to moderate) may occur after treatment and is normal.
- Keep the treatment area moisturized. After the first day, gently wash and pat the skin gently dry. **Do not scrub the treated area.**
- Moisturize daily with plain, gentle moisturizer (e.g., Cetaphil or Cerave). Usually, any crust will separate naturally within 5-7 days after the treatment.
- Please do not use cosmetics which contain active ingredients such as Retinol or AHA for at least 1 week after treatment.
- Avoid exercising until initial healing has occurred. Increased redness may result from any activity that increases blood flow or body temperature (e.g., alcohol consumption, exercise, and sauna).
- Avoid using cosmetics containing alcohol for at least 1 week after treatment.
- **Avoid sun exposure for 2 weeks** after treatment.
- Beginning the day after treatment, apply **sunblock daily with SPF of at least 30**. Wear a hat while spending time outdoors.
- Please contact us with any questions or concerns.

**Contact the office immediately for any signs of infection. Signs of infection include:**

- **Drainage – looks like pus**
- **Increased warmth at or around the treated area**
- **Fever of 101.5 or greater**
- **Extreme itching**



**\*Please note the extreme importance of our patients strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**