

CENTER FOR DERMATOLOGY, COSMETIC AND LASER SURGERY, INC.

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POST TREATMENT INSTRUCTIONS FOR MICRO LASER PEEL, PROFRACTIONAL, AND LASER RESURFACING

POST TREATMENT RESPONSE

The epidermis, the top layer of the skin, is a robust and resilient structure and functions as a physical barrier to protect the deeper dermis and maintain the skin's hydration. It is often the source of fine lines and discoloration in aging skin. A Micro Laser Peel, Profractional, or Resurfacing Laser will only partially remove the epidermal barrier of your skin, so your recovery time should be only a few days.

Patient response can vary. Generally, the more healthy your skin the less redness you will have from treatment, and the faster the healing response. The desired response is erythema (redness) and possible light edema (swelling) within a few minutes of laser application. The redness and healing (often similar in appearance to sunburn) will increase with the depth of your treatment.

You should notice redness, swelling and a sunburn sensation in your treatment area for a few hours after treatment. Swelling should be present only as a short term response. You may choose to sleep sitting upright the first night after the procedure to reduce swelling of facial tissues. You may peel or flake as result of the treatment, which usually occurs 24-48 hours after treatment. This may be minimized with a nonirritating exfoliant.

CARE OF TREATED AREA

- Apply Aquaphor or Vaseline to the treated area 3 times a day, as long as bruising, red discoloration (purpura) is present. It is important to keep the area moist until healed. If no discoloration or scabbing is present any moisturizer may be used daily. Make up may be worn if there is no crusting.
- Shower with cool or lukewarm water, do not allow the water to "beat on " treatment area. Do not rub with a towel or washcloth as the area is extremely delicate while any bruising/red discoloration is present. If the legs are treated avoid taking a bath for 48 hours.
- Do not pick, scratch or scrub the treated area. Wear loose fitting clothing if your treated area is on a non-exposed area of body. Peeling or flaking should be allowed to come off naturally and may be accelerated with a mild exfoliant.
- Avoid exposure to the sun or tanning lights. Always wear at least a SPF 30 sunscreen (please see our sunscreen sheet) and a wide brimmed hat whenever going outside, to help prevent pigmentation changes during the healing time.
- You can resume use of your previous cream (such as Hydroquinone, tretinoin, etc.) when your skin is no longer red and irritated, usually within 5-7 days.
- Avoid swimming, contact sports and hot tubs until redness or irritation subsides.
- Post treatment pain medication is not usually necessary, but if you feel you need to take something we recommend Tylenol. Additionally a cold compress can be used after treatment to enhance comfort, apply for about 10 minutes at a time and repeat every few hours for discomfort.
- Recommended time intervals between treatments is 6-8 weeks.
- Please call the office immediately if the area becomes increasingly tender, reddened or shows signs of infections (which is rare).

Website: <http://www.centerforderm.com>

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