

## Post-Operative “Deep” Ablative Resurfacing Instructions

(You will experience a burning sensation on the skin that will last up to 24 hours following your treatment and heat on the skin thereafter for a couple of days.)

1. Immediately following the treatment, use supplied cool compresses or frozen peas (bagged in sandwich bags) every two hours for 20 minutes maximum for swelling and discomfort for the first three days.
2. Begin vinegar soaks (1 cup of water mixed with 2 tablespoons of vinegar) upon arriving home in between compresses to minimize stinging and heat in the skin for 3 days and then as needed.
3. Every 2 hours or upon feeling dryness, cover the treated areas with Aquaphor for 5-7 days. This will decrease the healing time and minimize discomfort such as itching. A heavy moisturizer may be used after the first 7 days, but continue Aquaphor on dry/scabby areas.
4. If necessary, use Advil as directed by manufacturer for pain and swelling.
5. It is normal to experience redness, oozing of the skin, mild pinpoint bleeding, mild swelling, scabbing, and pain.
6. After 24 hours, cleanse your skin twice a day with a gentle cleanser. Avoid hot water, saunas, hair dryers, or hot showers. **Do not scrub treated area!!!**
7. Rest!! Avoid strenuous exercise, bending, straining, stooping, and lifting heavy objects for one week after procedure.
8. Sleep at a slight elevated position. Using 2-3 pillows under your head and neck.
9. Avoid sun exposure for at least six months. A sunscreen of SPF 30 or higher should be applied every day. Use a hat and sunglasses. Your skin is extremely vulnerable to the sun after having a laser treatment. Protecting your skin and limiting sun exposure ensures the best cosmetic results.