



2940 Laser Resurfacing Post Procedure Instructions

- Immediately post-treatment, cool compresses may be used to soothe the skin. Refrigerated, saline-soaked gauzes/soft cloths are recommended.
- Keep the area moist with **Environ's Colostrum Gel** and **AC&E Oil** until inflammation or crusting resolves (about 5 days, but sometimes longer.) These two products should be applied as often as necessary to keep area moist. If proper healing occurs after this period, these products should be used as a spot treatment for areas of dryness.
- The use of gentle cleanser twice a day is permitted after treatment.
- The use of Tretinoin (Retin-A) and topical corticosteroids should be avoided 1-2 weeks after treatment.
- Soak treated areas for 15 minutes with wet gauze/soft cloths to gently remove debris every few hours for the first few days. This can be done in the shower. Treated areas should not be picked at or scrubbed.
- For the first 24 hours, or until sensitivity subsides, a cool pack can be utilized. Never apply anything frozen directly to the skin.
- For 48-72 hours, keep head elevated at all times even while sleeping to reduce swelling and pain. Head must be elevated above the heart. The normal response to this procedure is swelling of some degree. However, if there is excessive swelling or infection, contact your provider immediately.
- Aspirin, nonsteroidal anti-inflammatory drugs (NSAIDS), Naprosyn (naproxen), or any medication that prolongs bleeding time may cause bruising and should not be used for pain management for 3-4 days after treatment. Tylenol (acetaminophen) can be used instead.
- Once the treatment area has initially healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating ointments or moisturizers may provide some relief.
- Make up can be applied to camouflage treatment area after re-epithelialization has occurred, typically in 2 to 10 days (depending on the level of treatment provided.)
- During the first 2 weeks after treatment, new skin will begin to form, and it is essential to avoid injury and sun exposure during that time. Those who are treated should practice sun avoidance for at least 4-6 weeks post procedure.
- Those who are treated should use sunblock with an SPF 45 or higher containing broad spectrum UVA/UVB protection along with zinc oxide or titanium dioxide whenever they are outside, re-applying when necessary. Applying sunscreen too early in the healing process (to skin that is not intact) can cause irritation resulting in prolonged redness. It is recommended that patients wait post-treatment until sunblock is no longer irritating the skin before resuming use.

- Small acne breakouts may occur during the first 4 post-treatment days. This may be related to a herpetic breakout or occlusive products. Please call your provider if this occurs. You may be placed on a medication to treat cold sores or switched to different products.

Important Facts to Remember:

- There will be redness, and occasionally, mild blistering of the treated areas lasting for several hours to 3-14 days. Pinkness can last 4-12 weeks or sometimes longer.
- The treated area might turn brown and will “crust” or “flake”. This should resolve within 3-14 days.
- Each area to be treated usually requires two or more treatments approximately 4-12 weeks apart. It can take 6 months to see your final result.
- It might not be possible to remove the lesion forever. Even though the lesion may be diminished or “disappear” for longer periods of 3-6 months, it might return in the future. The fact that the lesion responded to the treatment and was disabled for an extended period almost invariably means it will respond in the future.
- Hyperpigmentation (i.e., sunspots) may darken and take up to several weeks to improve or may not improve at all.
- A mottled appearance of the area can be normal as different areas heal faster than others. Mineral makeup can be applied if the skin is not disrupted or oozing.

Contact us immediately if any side effects occur.

Call (918) 876-4470 or text (918) 347-1102