



POST CARE INSTRUCTIONS FOR LASER RESURFACING

Erbium Yag

1. Immediately following the treatment and for the next several days, the treated area may be red, irritated, itchy, swollen, dry, and/or warm. Treatment areas almost always become erythematous. Mild erythema (redness) will be present in the treatment area and can last from a few hours up to a few days.
2. Most patients do not feel any significant discomfort, however, an ice pack (not direct ice) may be applied to help soothe areas with discomfort.
3. A few days post procedure, patients will experience mild peeling of the skin. The peeling is similar to the effects of sunburn. Continue to follow the skin care regimen offered by your physician. Do not pick at the peeling skin, as it may lead to scarring.
4. You may have a topical balm applied to your skin before you leave the office. Please leave this on until the evening time. Before bed, rinse skin with tepid water and a gentle cleanser (we recommend iSClinical Cleansing Complex). Pat dry gently with a towel.
5. Clean the treated area daily with a mild cleanser. Apply a thin layer of mild moisturizer to the area several times a day until evidence of dryness, blistering or swelling has dissipated.
6. Shower as usual but be aware that the treated area may be a little temperature sensitive. Avoid chlorine, hot tubs and swimming pools during the treatment program.
7. **Strict sun avoidance must be adhered to after Laser Resurfacing.** Prolonged or unprotected sun exposure (including tanning beds) can result in hyperpigmentation of the skin. You will need to apply a topical sunscreen daily as you heal. We recommend iSClinical Eclipse SPF 50.
8. You can apply make-up to the treated skin starting 24 hours after the treatment, as long as the skin is intact.

9. Please contact the office with any questions or concerns that you may have.