



## FRACTIONAL LASER / CHEMICAL PEEL POST-TREATMENT INSTRUCTIONS

- *In the event of excessive discomfort, itching, prolonged eye irritation, blistering, and/or scab formation, please call our office at 301.493.4334 or page your surgeon if it is after office hours.*
- *Call our office immediately if you feel you are developing a cold sore around your mouth. You may need an increased dosage of Valtrex (acyclovir) antiviral medication.*

### WHAT TO EXPECT AFTER YOUR TREATMENT

- At the end of the procedure, we apply Bio-Kool (burn relief) and/or Aquaphor, a petroleum based sealer over the area. This limits discomfort and redness of the treated skin.
- The after-effects and downtime after the procedure will depend on the healing characteristics of your skin, the laser setting used, and the aggressiveness of your treatment. An aggressive treatment may mean up to a week of social downtime (usually 4 or 5 days).
- Swelling and redness may be similar to that of a moderate sunburn for the first few days after treatment. Puffiness may be very obvious around your eyes for up to a week following laser treatment of the eyelids. Puffiness of the face is usually mild and subsides after a few days.
- Redness may last about a week depending on your skin type and the aggressiveness of your treatment. Usually the redness changes to a pink color similar to a mild sunburn in less than a week and can be covered easily with make-up. The pink color will fade gradually over a period of several weeks or months. You can view the pink color as a sign of construction of healthy, new tighter collagen and elastin in the deeper layers of the skin.
- You may develop a bronzed appearance, similar to tanning that occurs after a sunburn, within 1 to 2 days after treatment. Light peeling of the skin may occur followed by flaking of the skin.

- DO NOT PICK OR RUB FLAKING, DRY, OR ROUGH BRONZED SKIN. Pulling at flaking skin can cause tiny tears and damage to your skin.

## MEDICATION

- As soon as you return home, take acetaminophen (Tylenol) or analgesics to soothe discomfort.
- Continue Medrol Dosepak and Valtrex (acyclovir) as directed.

## WHAT TO DO

- Sleep with your head elevated to reduce puffiness.
- Apply cold compresses for 5 to 10 minutes at a time as frequently as needed for the first 24 hours in order to soothe, hydrate, and cool the skin. We recommend using soft face cloths or towels dampened with cold water (we suggest preparing these ahead of time and storing them in a Ziploc bag in your refrigerator).
- DO NOT apply ice directly to your skin.
- DO NOT rub or touch your eyes for a few hours after treatment of the eyelids. Your eyes may be temporarily numb from the drops we have applied, and you may inadvertently scratch your cornea. If you experience discomfort, gently apply lubricating or moisturizing eye drops. Avoid using contact lenses for 1 or 2 days until some of the eyelid puffiness settles.

## SKIN CARE

- After two days, start a program of twice daily cleansing with a gentle cleanser and applying moisturizer which we will provide you. **Only use your hands to cleanse your face; do not use a washcloth until all peeling is complete.**
- As your skin heals, you may develop areas of itching or irritation. The symptoms may be relieved by applying over-the-counter hydrocortisone 1% USP every 4 to 6 hours for a few days. Do not use this cream longer than 1 month. You may also treat by placing one capful of white vinegar in a cup of water and soaking the area.
- Apply SPF-35 or higher sunscreen to the treated areas starting four days after your treatment and continuing daily for at least 3 months.
- If outside or in a car, reapply sunscreen every 2 to 4 hours, wear a wide-brimmed hat and sunglasses and avoid direct sunlight on treated areas. Continue for at least 3 months after your treatment. Please remember that the sun's ultraviolet rays will penetrate clouds, windshields, and windows. The same precautions will apply even on a rainy day!

- Even brief exposure to sun or ultraviolet rays (2 minutes or less) can stimulate melanocytes which are the pigment producing cells in your skin. This can cause prolonged hyper pigmentation or streaky unattractive brown spots after any form of laser treatment.
- You may return to your usual skin care program two weeks after treatment. DO NOT use tretinoin (Retin-A) or glycolic acids until two weeks after your treatment.
- If you have olive or mildly pigmented skin (Asian, Hispanic, Mediterranean skin types), you should use hydroquinone 4% skin lightening cream twice daily for 2 to 3 months after your laser treatment. Begin one week after your laser treatment or as soon as your skin will tolerate this cream. Sunscreens are especially important with these skin types.

## **EXERCISE**

- Refrain from any excessive stretching, twisting or turning of your neck for the first two weeks after treatment to avoid irritating the treated areas and prevent causing tiny tears in the skin during this sensitive healing period.
- Do not engage in any aerobic exercise during the first two weeks following treatment as it may aggravate existing puffiness.

Patient Initials \_\_\_\_\_