

FRACTIONAL ABLATIVE LASER RESURFACING POST PROCEDURE INSTRUCTIONS

- Use ice packs to reduce swelling as needed in the first 24 hours
- Expect oozing and crusting of the skin for 4-7 days. Redness may last 2-3 weeks.
- Apply healing cream (will be discussed in the office) three times a day for 1 week.
- Shower as usual, using a gentle cleanser on the face.
- Avoid sun exposure for 2 weeks after treatment. Wear a broad rimmed hat and sunglasses.
- Take Tylenol as needed for pain (Vicodin may be prescribed for higher pain levels—do not drive while taking Vicodin).
- Do NOT use make up until the skin is healed (approximately 1 week).
- Use sunscreen once the skin is completely healed, about 7 days after the procedure.
- Do NOT use exfoliants, scrubbing, microdermabrasions, chemical peels, facials, shaving or waxing for 2-4 weeks after the procedure.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.