

## Laser Post Treatment Instructions

### Ways to Speed Healing:

- Apply Aquaphor (or plain Vaseline) to treated areas.
  - Re-apply frequently as needed to maintain a continuous layer on your skin
- Soak the treated skin with a plain white vinegar solution **4 to 8** times each day.
  - You can't soak too much. Soaking *reduces redness* and *speeds healing!*
- Do not pick, rub, scrub or irritate your skin while it is healing.

### How to Soak:

Dip a clean, soft, wash cloth into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution wets the skin. Rinse and repeat for 10 to 15 minutes.

- Most of the Aquaphor should come off during the soak (do NOT rub).
- **Solution:**
  - **1 teaspoon of plain white vinegar to 2 cups of water.**
  - Solution may be mixed up ahead of time and kept in the refrigerator.
- Apply a layer of Aquaphor or plain Vaseline ointment to the treated area immediately after soaking. If the skin gets dry or scabbed, you need to soak more often.



### DO NOT:

- Do not put ANY other creams, ointments or products of any kind on your face until your care provider indicates it is ok to do so.
- Do not let your skin come in contact with detergents, fabric softeners or dryer sheets. Fabrics that have been treated with these products may irritate your skin.
- Do not pick, rub, scrub or irritate your skin in any way while it is healing.



- Do not expose the treated area to the sun (even on cloudy days).
  - Remember, UVA passes through house and car windows.
  - UVA exposure can cause skin to darken.

### **What to Expect:**

- The skin will usually start sloughing on day 3 or 4. Do not pick at it but allow skin to slough off on its own.
- Skin may be red for the first 3-7 days and then turn darker as the skin begins to slough (peel).
- Swelling may also occur and usually resolves in 2-3 days.
  - Sleeping on 2 pillows with your head elevated is helpful.
- It is normal for skin to feel “sunburned” and/or tight.

### **General Instructions:**

- It is OK to shower but do not let your shampoo or hair products get on your face.
  - Do a vinegar soak after the shower followed by Aquaphor or Vaseline.
- If you experience itching, an over the counter antihistamine such as Benedryl (diphenhydramine) may be helpful.
- Ibuprofen or acetaminophen may be used if needed.

### **After your skin peels (3 to 4 days):**

- Make-up may be worn after the majority of treated skin has sloughed (usually **day 4 or 5**).
- For a week after the major sloughing is complete, use **ONLY** a clinician recommended moisturizer. Such as:
  - Vanicream
  - Cetaphil Moisturizing Cream (this is more gentle than Cetaphil lotion)
- It is **very important** to use sunscreen with a SPF of 20 or greater when the care provider says your skin is ready.
  - This helps prevent post inflammatory hyperpigmentation (darker areas).
- Please call the office at (203) 557-6464 if you experience intense pain, drainage, severe redness or fever, increased itching, the appearance of a cold sore, blister or a tingling sensation, or if at any time you feel that you are not healing normally.