



## Fractional Skin Resurfacing Post Care

- Immediately after treatment, the skin will be red and feel sensitive and sunburned. Five to 7 days after laser resurfacing, your skin may become dry and peel. New skin will form after the treated area has peeled. This skin will at first appear pink. It should begin to gradually lighten up.
- Redness typically lasts 1 to 2 weeks and mild pinkness may be prolonged.
- Immediately after treatment there may be pinpoint bleeding. There may also be some facial swelling, particularly around the eye area.
- Cleanse the treatment area as instructed by your nurse.
- Patients are encouraged to sleep on an extra pillow at night to help reduce the swelling for the first 4 days after the procedure.
- You may apply a cool compress or a wrapped ice pack for 15 minutes every 1 to 2 hours as needed, during the first 24 to 48 hours.
- Avoid activities that can cause flushing for 2 weeks after treatment.
- Avoid aggressive facial treatments for 4 weeks and any topical products that may cause irritation for 6 weeks following treatment.
- If blistering, crusting, or scabbing develops, call the office. Do not pick or attempt to remove scabs as this may cause infection or scarring.
- Apply a thin layer of A & D ointment, Aquaphor (or any approved occlusive moisturizer) or antibiotic ointment (such as bacitracin) to the area twice a day until the skin heals.
- Daily sunscreen application is necessary after healing to protect the newly laser-resurfaced skin. A "broad-spectrum" sunscreen, which screens both ultraviolet B and ultraviolet A rays, is recommended after laser skin resurfacing. A sunscreen specifically formulated for use on the face should be chosen, with a sun protection factor (SPF) of at least 30.
- Liberal moisturizer application is also recommended after healing. Patients may resume application of tretinoin or glycolic acid products around 6 weeks after laser resurfacing or as directed by a doctor.