



### **Suggested Home Care Instructions for Laser Resurfacing**

1. Vaseline will be applied to treated areas upon leaving the office.
2. Ice-soaked gauze should be applied to the treated area for two (2) days after the procedure. This helps with swelling and pain relief.
3. Keep the treated area moist with ointment at all times for seven days after the treatment or until the area is completely healed. No bandage is necessary.
4. Occasionally, a crust will form over the area. Do not pick it or rub it. You should continue to keep the area moist with ointment and the crusting will resolve. The area will weep a clear, yellowish fluid until it heals. This may be dabbed off every four hours with gauze.
5. You may shower or bathe as usual. You may wash gently the treated area with Neutrogena hypo-allergenic soap after 24 hours. Do not rub, scrub, or abrade the wound. Reapply the ointment after showering or washing your face. Reapply a thick layer of ointment 3-4 times each day until wounds heal.
6. Avoid sun exposure at all times. The treated area will be very susceptible to sun exposure and damage can occur. After the treated area is completely healed you may go out with a sun block on 30 SPF or greater.
7. Normal diet and increase fluid intake.
8. If the treated area is around the mouth, then try a soft diet and smaller toothbrush if there is significant pain.

9. If you have any questions regarding the areas treated or if there are any fevers, severe erythema, pain, swelling or bloody drainage, please call us at 714/447-4100.

After seven days, when the crusting has subsided, the treated area will be very red. This redness generally lasts 2-3 weeks and can be covered with make-up.

MY POST-TREATMENT INSTRUCTIONS HAVE BEEN REVIEWED AND EXPLAINED TO ME. I UNDERSTAND THESE INSTRUCTIONS AND ALL MY QUESTIONS WERE ANSWERED.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_