

## Patient Post Care Instructions

### 1. CLEANSING:

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. **DO NOT** rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

*Your doctor recommends these products: Cetaphil or CeraVe cleanser*

### 2. MOISTURIZER:

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. **DO NOT** apply any other products that were not instructed by your doctor – i.e. essential oils, coconut oil, etc.

*Your doctor recommends these products: Alastin Skin Nectar, twice daily, until healed*

### 3. SUNSCREEN:

Sunscreen is a **MUST** and should be used daily beginning the day after treatment and use consistently on a regular basis. Use a physical sunscreen with broadband UVA and UVB protection and an SPF of 30. Ensure to reapply during sun exposure.

*Your doctor recommends these products: Zinc containing sunscreen – Elta MD*



#### TIPS & TRICKS

- Use soft cloth and soft towels to avoid any scrubbing
- Make-up can be worn 24 hours after your treatment
- Wear a wide-brimmed hat or protective clothing for 1 month after treatment
- Avoid strenuous exercise and sweating for at least 24 hours, use gentle patting to wipe sweat off of treated skin



#### WATCH-OUTS

- For general post-treatment discomfort, an over-the-counter oral pain reliever i.e. Extra Strength Tylenol may be taken.
- If an anti-viral was prescribed, continue to take as directed
- Avoid scratching and itching, as scarring and pigmentation complications can occur



#### WARNING

- There may be some degree of swelling immediately post-treatment, however it is recommended that you contact your doctor if you experience excessive swelling or any of the following signs of infection, including:
  - Drainage – looks like pus
  - Increased warmth at or around the treated area
  - Fever
  - Extreme itching

## What to Expect & What You Should Do:

### Feeling of Warmth

**What to Expect:** The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after your treatment.

**What to Do:** Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.

### Redness (Erythema)

**What to Expect:** Redness is normal and expected. Redness generally increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days depending on the intensity of the treatment.

**What to Do:** Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.

### MENDs

**What to Expect:** MENDs (microscopic epidermal necrotic debris) will appear on the 2<sup>nd</sup> or 3<sup>rd</sup> day after treatment as tiny dark spots and bronzed appearance to the treated skin.

**What to Do:** MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. DO NOT pick at your skin.

## Possible Side Effects

### Swelling (Edema)

**What to Expect:** Swelling is common and expected immediately after treatment.

**What to Do:** Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first 2-3 nights after your treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.