

Post Treatment Instructions

Level II Laser Resurfacing®

Patient response can vary after a laser treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth of your peel.

- Redness normally persists for 24 hours – 14 days depending upon the depth of the peel.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol, Motrin.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Itching is a normal response. You may take over-the-counter Benadryl tablets for relief. If itching persists, call the office.
- Cleanse the skin at least two times a day with plain, lukewarm water and a gentle cleanser, (i.e. *DERMAL WOUND CLEANSER*), beginning the morning after the treatment. Use a soft cloth to gently apply the cleanser and water and finish by patting dry with a soft cloth. Dr. Core and his staff will advise on how aggressively to wash the areas.
- After cleansing your face, reapply the occlusive barrier, (i.e. *Vaniply*). **USE THE SMALL CONTAINER** that contains a mixture of numbing cream AND *Vaniply* as long as you have burning or stinging, taking care to cover all treated areas. Once the burning and stinging has subsided, you may use the plain *Vaniply*. **Do not allow the treated area to dry out.** This occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Typically, the occlusive barrier is only needed for the first 5 to 7 days.
- Peeling and flaking generally occur within 3-5 days post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.
- Avoid direct sunlight for up to 2 months post treatment.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. This is usually within 5 to 7 days. If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any hyperpigmentation issues that could be caused by direct and indirect sunlight.
- When showering, water and shampoo may run over your face, this will not harm the lasered area.
- Avoid strenuous exercise and sweating until after skin has healed.

Warning

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office **(205-397-2100)** immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater