



GILLUM FACIAL PLASTIC SURGERY  
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## **POST PROCEDURE INSTRUCTIONS** **1540 FRACTIONAL NON-ABLATIVE**

A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days.

Apply ice or cold packs to the treatment area for 10-15 minutes every hour for the next four hours, as needed. An oral, non-steroidal anti-inflammatory, such as acetaminophen, may be taken to reduce discomfort. Use according to manufacturer's recommendations.

In some cases, prolonged redness or blistering may occur. An antibiotic ointment may be applied to the affected areas twice a day until healed.

Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid aggressive scrubbing and use of exfoliants, scrub brushes and loofa sponges until the treatment area has returned to its pre-treatment condition.

- Until redness has completely resolved, avoid all of the following:
  - Applying cosmetics to treated areas.
  - Swimming, especially in pools with chemicals such as chlorine.
  - Hot tubs and Jacuzzis.
  - Activities that cause excessive perspiration.
  - Sun exposure to treated areas. Apply an SPF-30 or greater sunscreen to prevent development of new pigmented lesions.

PATIENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

LASER TECHNICIAN: \_\_\_\_\_ DATE: \_\_\_\_\_