



GILLUM FACIAL PLASTIC SURGERY
13431 Old Meridian Street, Suite 110
Carmel, IN 46032
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Phone: 317-571-0756
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POST PROCEDURE 2940 FRACTIONATED LASER RESURFACING

- DO NOT go into direct sunlight until redness has resolved. If you must be in the sun, use physical block (hat, scarf, sunglasses, etc.) and a chemical-free sunscreen.
- DO NOT use Retin-A, Retinol, AHAs, or any other potentially irritating products for 3 weeks after your procedure.
- AVOID strenuous exercise for the next 4-5 days.
- DO NOT let the area become dry or crusted. Apply cool compresses (using the sterile saline and gauze provided for you) every 2-3 hours awake for the first 24 hours after treatment. Each time you have finished applying cool saline compresses, apply a thin layer of Vaseline.
- The day after your treatment you may wash with Sensitive Skin Cleanser. Again, DO NOT let the area become dry or crusted.
- 4-7 days after your procedure you may apply Environmental Defense Sunscreen SPF +30. Please avoid using cosmetics as it may cause irritation.
- Tightness or redness may occur. This is a normal post-treatment condition and improves everyday.
- If you have any concerns or questions during your recovery, please call our office at 317-571-0756.
- You may use ibuprofen or acetaminophen for discomfort.
- You will receive a prescription for Valtrex (anti-viral) to prevent cold sores (even if you have never had one). Take one tablet by mouth two times a day for 10 days beginning on the morning of your procedure unless otherwise directed. We will also prescribe Valium and Percocet for the discomfort and pain. These will only be taken the day of procedure and administered to you by a certified technician.
- It is VERY important you begin a maintenance skin care program 3 weeks after your laser procedure. Please make an appointment with our Director of Esthetics, Jody Rasp, at our Carmel office 317-571-1756.

PATIENT SIGNATURE: _____ DATE: _____

LASER TECHNICIAN: _____ DATE: _____