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Post Operative **Fractionated Laser Resurfacing and Chemical Peels**

- 1. Your skin will feel very warm, raw, and tender following your procedure. Be aware that swelling is normal with laser resurfacing and chemical peels but bleeding is NOT NORMAL with chemical peels. YOU WILL EXPERIENCE SOME BLEEDING WITH THE FRACTIONATED LASER.**
- 2. Do not go into direct sunlight until redness has resolved. If you must be in the sun please use both physical sun blocks (hat, scarf, and sunglasses) and chemical-free sunscreen (can be purchased at our office or at most natural food stores).**
- 3. Apply cool compresses (using sterile saline and gauze) every 2-3 hours while awake for the first 24 hours. Apply Aquaphor or Vaseline immediately after using the compresses.**
- 4. Do not use Retin-A, Retinol, AHA's, facial scrubs or any other irritations products for 3 weeks following your procedure.**
- 5. You may wash your skin the following day with a gentle non-soap cleanser. Immediately following cleansing apply a layer of Aquaphor or Vaseline. It is very important to keep the areas treated moist.**
- 6. Tightness, redness, dryness, and peeling are all to be expected. You should not have significant peeling with the laser resurfacing. You will notice some skin turning darker in color; this is normal.**
- 7. Avoid strenuous exercise for the next 48-72 hours.**
- 8. You may use ibuprofen or acetaminophen for discomfort. You can also use anti-histamines (Benadryl, Claritin, Allegra, Xyzal, etc...) to help with itching.**
- 9. DO NOT PEEL, PICK, SCRAPE, SCRATCH THE SKIN OR EXPOSE THE SKIN TO SUN. THIS IS VERY IMPORTANT AS YOU CAN DO**

PERMANENT DAMAGE TO YOUR SKIN IF YOU PICK OR SCRAPE AT YOUR SKIN. IF YOU KEEP YOUR SKIN MOIST AND FOLLOW YOUR POST-OP INSTRUCTIONS, THE RESULTS WILL BE WELL WORTH THE WAIT!

10. 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 per day for 10 days beginning on the morning of your procedure unless otherwise directed.

11. You may experience redness, bruising, swelling, stinging, tenderness, dry skin, flaking, lightening or darkening of the skin, infections, pimples, bumpy appearance, whitehead like milia, and cold sores. Most side effects are temporary and will resolve within 72 hours. Whatever you do, do not attempt to treat or excise any of these side affects yourself.

12. You will have a 1 week post op visit so we can review your progress. Please refrain from wearing cosmetics as much as possible during the first week.