



## POST-OP FRACTIONAL LASER INSTRUCTIONS FOR YOUR SKIN

The doctor and nurses will discuss your special skin care needs and the products that you will be using after your laser treatment. Some skin care products may cause adverse reactions to your new, sensitive skin and should not be used during the healing process.

- Stay out of the sun for approximately one week after your treatment. When you visit the doctor or if you must be outside, please wear a hat or protective clothing over the treated areas. Apply a sunscreen with SPF 30 daily to sun exposed skin between treatments and for 4-6 weeks after treatment.
- Immediately after your laser treatment a sunburn-like sensation is expected. This usually lasts 2 – 24 hours but can persist up to 72 hours.
- In some cases, pain may occur. Extra Strength Tylenol, Ibuprofen or prescription pain medications may be taken as directed by your provider.
- Your skin will be cleaned and Spring water gel will be applied to the treated area. Only use SOS kit to the treated area after the treatment.
- You should expect to experience some oozing from the treated area for approximately 48 hours. Do not rub or scratch the treated areas. Use clean, soft cloths to blot away any exudates as necessary and then reapply SOS kit products.
- When you arrive home it will be very important to drink plenty of fluids and rest. Avoid any strenuous activities or exercise the first week since increased redness may occur with activities that stimulate blood flow or increase body temperature. Alcohol consumption and sauna baths should also be avoided for the same reasoning.
- If your face, neck or chest were treated, consider sleeping in an elevated position with pillows (to help you keep propped up) to reduce edema (swelling). If necessary the doctor will give you medication to help reduce swelling of the treated area, however some swelling is normal after laser treatments.
- Wait 24 hours until you wash the treated area. Wash the laser treated area with lukewarm water from a spray bottle or a gentle shower massage spray. Reapply SOS kit products immediately after every cleansing. Makeup, sunscreen or other skin care products should not be used until your new skin has completely healed.
- As your new skin heals it will look bronzed and you will experience some peeling. Do not pick or peel flaking skin (it will naturally slough off) as you may also remove or damage some of the newly developed skin.

It is very important during the healing process that you keep your new skin moisturized and cleansed with the recommended products.