



Resurfacing Laser Post-Treatment Instructions

Treatment Received:

☐ Halo ☐ Fraxel ☐ UltraClear ☐ ProFractional ☐ TotalFx/CO2 ☐ Nano LaserPeel ☐ Micro LaserPeel

In-Office Checklist:

☐ Valtrex Started ☐ Post-Care Kit Received ☐ Antibiotics & Prednisone Picked Up *(If Applicable)*

Contact the office at (513) 984-4800 or Dr. Mona at (513) 885-0555 if you have any post-care concerns.

IF YOU EXPERIENCE EITHER OF THE FOLLOWING DURING RECOVERY, CALL THE OFFICE RIGHT AWAY:

- **PAIN AFTER THE FIRST DAY:** Your skin should not be painful to touch after the first day. Tenderness may be normal but it should not hurt to touch your face. This may be a sign of infection, so please let us know.
- **EXTREME ITCHING:** As you heal, it is normal to experience mild itching. If you feel extreme itching, this could be a sign you are having an allergic reaction to one of the products.

Things to Avoid Post-Treatment:

- Physical activities or exercise that will make you sweat, 2-3 days post-treatment.
- Smoking: This will prolong your healing time.
- **Sun protection and avoidance is extremely important.** Avoid direct sunlight. Wear a hat and sunscreen while outdoors for the first 2 weeks after your procedure to prevent hyperpigmentation of the treated skin. You should avoid excess sun exposure for at least 4 weeks.
- **Do not pick or scratch the treated area.** The skin will shed on its own with gentle cleansing.

Immediately After & Day of Treatment:

Guidelines:	• Go home and rest for the remainder of the day • Only use the skincare products provided in your post-care kit while you are healing. • Be aware of not allowing pets or pet dander to touch the treatment area for the next few days.
To Do:	☐ You can now take Ibuprofen or Tylenol <i>(if needed)</i> ☐ The areas treated will feel hot like a sunburn for the first 2-6 hours. To soothe this sensation: - Spray thermal spring water <i>(from your post-care kit)</i>: use as much as desired - Apply cold packs (but avoid direct application of ice to the skin) - Blow cold air: use a handheld fan or direct the air vents in your car towards the treated area. ☐ Once the intense heat subsides, you can start to apply your ointment/heavy moisturizer. ☐ Prepare your sleeping arrangements: - To minimize swelling, sleep with your head elevated on pillows for the first few days. - Change your pillow case: it is important to sleep on a clean pillow for the first night. - You may want to place a towel over your pillow to protect it from the ointment. - If you had the UltraClear laser, a towel is especially important as you may bleed a bit overnight.



Day 1 (First Day After Treatment) - Day 3:

Guidelines:	• When showering, avoid hot water and fragranced products. • Expect skin to feel like sandpaper, and be flaky. You may also start to get swollen and a bit red like a wind burn. • You may notice pepper-like flakes that feel like sandpaper where pigment has been treated. Do not attempt to scrub or scratch these areas off. They will flake on their own in 5-7 days. • As early as Day 3, the central or lateral part of your face or treated area may start to exfoliate.
To Do:	☐ Continue sleeping with head elevated ☐ Gently wash the treated area with lukewarm water and the cleanser in your post-care. ☐ Follow your post-care as directed by your provider. ☐ Apply ointment as often as needed if your skin feels dry or tight. Do not allow your skin to get too dry as this can increase risk of infection. ☐ You may begin to experience mild itching. If desired, you can use over-the-counter Hydrocortisone 1% or an oral allergy medication (Benadryl, Claritin or Zyrtec).

Day 4 - Day 7:

Guidelines:	• As you continue to heal, you may find that you do not need the heavier ointment. You can then switch to the lighter moisturizer in your post care kit. • Continue to avoid excess sun exposure. Wear a hat, sunscreen, and protective clothing. • You can now return to physical exercise or activities that will make you sweat.
To Do:	☐ Continue to follow your post-care, as directed by your provider. ☐ Depending on your healing, you may be able to start wearing mineral make-up (if desired)

Days 7+:

Guidelines:	• Continue using your post-care products until you are fully healed. This can take between 7-10 days, depending on what treatment you had. • Once you are fully healed, you can return to using your normal skincare products and makeup. • For the next 4 weeks, avoid all harsh products or topical exfoliation (AHA, Glycolic Acid, Salicylic Acid or Retinol/Tretinoin). The surface of your skin is brand new and needs to normalize before you use any of these products. Think of it like "baby skin." • Continue to avoid excess sun exposure. Wear a hat, sunscreen, and protective clothing. • A flare-up of acne or formations of milia (tiny white bumps on the skin) may occur within 1-3 weeks post-treatment. These symptoms are not unusual and resolve on their own.
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