

Microlaser Peel/Profractional After-Care Instructions

The first day or two after a Laser treatment, most people experience a mild amount of redness, swelling, and discomfort in the treated areas, similar to what you would experience if you had a mild sunburn. The treated skin may begin to flake and slough and some areas, if treated a little more deeply, may also bleed slightly the first 24 hours (especially after Profractional laser) and be a bit weepy. In general, the redness and flaking should begin to diminish by the third day, and by the fourth or fifth day, you should be able to use normal moisturizers, makeup and/or cover-up.

- **Ointment-** It is essential that you keep any exposed, laser-treated areas well lubricated with Aquaphor or Vaseline. Excessive drying may delay healing or lead to scarring. Over the first 2-3 days, apply the ointment at least every 4 hours while awake. **Be sure to wash your hands with soap and water before applying any ointment, or touching your face during the first ten days. Failure to do so may lead to a serious infection of your facial skin.**
- It is also important **not to pick** at or remove any wet scab areas of skin. These will peel off naturally over several days time.
- **Cold Compresses-** Cold compresses will soothe the area and reduce swelling. You may use a cold gel mask, or a small bag of frozen peas or corn, whichever you find the easiest. Apply the cold compresses for 15-20 minutes every hour while awake for the first 48 hrs, then reduce as desired.
- **Showering/washing-** It is OK to gently wash your face with a mild soap, Cetaphil, but as noted above, be careful not to pick at any wet scab areas. After washing, blot the area dry with a clean washcloth, then apply Aquaphor liberally to the area.
- **Medication-** It is very important that you take the antibiotics and anti-viral medications as prescribed. Use the pain medication and sleeping pill as needed. Remember that most prescription pain medications will cause nausea if taken on an empty stomach, so be sure to have at least a light snack prior to taking your medicine. If you are very nauseated to the point of vomiting, please call the office and we will prescribe anti-nausea medication. Advil as needed for swelling. Desonide cream should be applied starting the day after your treatment and be continued as prescribed by Dr. Stern.
- **Activity/Diet-** The most important things to remember are drink a lot of fluids the first several days, and don't try to do too much too soon. Sitting up or resting with your head elevated on an extra pillow helps reduce swelling. Cover your pillow with a towel.

— — — — —
— — — — —
THE STERN CENTER *for* AESTHETIC SURGERY
— — — — —
— — — — —

- **Sun exposure--** Your skin may be more sensitive to the sun for a period of time following your MLP treatment. It is important to wear sun block with SPF 30 or higher when spending significant time in the sun following laser. A hat or cap and sunglasses are recommended as well. Failure to protect your skin from the sun may cause abnormal pigmentation of the skin.

If you have any questions or concerns, call us at the office at **(425) 455-9100**. If you have an after-hours **emergency**, you may reach Dr. Stern directly by calling his cell phone at **425-628-7720**.

These instructions have been explained to me. I understand it is my responsibility to follow them, and have been given a copy for reference.

Patient's Name

Witness

Patient's Signature

Date/Time