



## Laser Resurfacing Post-Treatment Instructions

### HOME CARE INSTRUCTIONS:

1. Cleanse the treated area gently with a gentle cleanser (ZO Cleanser) AM and PM using your fingers and in a circular motion. Pat dry.
2. Apply ZO Astringent Powder solution or vinegar water compresses every 3-4 hours or as needed. Do your compresses for 20-30 mins prior to next application of step 3 and 4. Mix powder packet with the amount of water needed in a bowl (stainless steel if possible). Directions for mixing are on the packet. You may add ice to the water to soothe as well. The solution will be used throughout the day. Dip 4x4 gauze or soft cloth compresses into the solution. Press/pat wet gauze over the treated area using firm pressure for 1-2 minutes. Pressure will help reduce swelling and oozing and will also prevent scabbing. If using vinegar solution, please follow these instructions **(USE 1 CUP FILTERED WATER + 1 TABLESPOON OF DISTILLED WHITE VINEGAR MIXED TOGETHER IN A BOWL, DIP NON WOVEN GAUZE INTO THE MIXTURE AND APPLY TO TREATED AREAS)**
3. Apply a thin layer of the ZO or Alastin Soothing Ointment all over the treated area, only three times per day; after using the solution soaks/compresses. Avoid applying excessive amounts as it can lead to premature peeling and slower healing. Make sure that skin does not become too dry or too lubricated.
4. ZO Hydrating Crème should be applied 2 hours after ZO or Alastin ointment and whenever the skin feels dry throughout the day. Then, 2 hours later, start soaks again and repeat steps 3 and 4

### Day 5 and until skin is completely healed:

- Continue steps 1, 2, and 4 as described above.
- ZO or Alastin Soothing Ointment can still be used but some can, at this point, start to get off of it and it will be replaced by Hydrating Crème. You may apply more liberally and more frequently. Each application should be gently massaged until absorbed. If you still need the ZO Soothing Ointment in certain areas, you can still use it. (i.e. around eyes and mouth). **Neck and chest, you will use Aquaphor or ZO soothing ointment for 2 weeks. Face heals in 1 week and neck/chest take 2 weeks.**
- If you have any questions during the healing process, do not hesitate to call or text your laser tech at the office number: 480-905-1010

- Avoid dirty, dusty environments, pet dander, hairsprays, and perfumes on treated areas during the healing process. Wash hands prior to touching the treated areas.
- You will have a period of 1-2 hours of “hot” burning sensation right after the procedure.
- You may use cool compresses for 3 days post procedure. Frozen peas or wet paper towels in a zip lock or sandwich bag can be placed in the freezer and switch out as needed. Replace zip lock bags in between to prevent infection or wipe down frozen pea bags with alcohol in between uses. This helps prevent swelling. You can continue for longer than 3 days if needed. **\*\*\* (DISREGARD ABOVE INSTRUCTIONS FOR USE OF ICE IF FAT GRAFTING WAS DONE, IN THIS CASE, ONLY USE COOL COMPRESSES USING FILTERED/REFRIGERATED WATER INSTEAD OF ICE) \*\*\***
- Sleep slightly elevated for the first 3 nights to prevent swelling.
- Only use ZO or Alastin Ointment for 24 hours following procedure. You can apply every 3-4 hours as needed to keep skin moist.
- First Cleansing will be around 24 hours post laser. This is considered Day 1. You can use your ZO cleanser or any mild facial cleanser., Wash with cool to luke warm water and avoid hot showers, steam and baths.
- Swelling can last 3-4 days and you will have skin darkening that usually starts that night or the next day.
- Raw appearance, oozing and crusting to the skin after the laser is normal.
- Oozing fluid can appear, especially on areas where laser was used Use vinegar soaks/compresses to help prevent scab formation and eliminate oozing fluid. Repeat compresses every 3-4 hours as needed.
- Skin may start to peel and flake by day 3-4: This can cause an itchy feeling. You may take a Benadryl and use topical hydrocortisone, such as PCA Clinicalm, which you can purchase in office if needed to help. There is also a topical Benadryl you can use, but there is alcohol in it so it will burn a bit when you first apply it.
- Men can shave lightly to remove whiskers as this can expedite the healing process. Use shaving cream and gently shave in one direction, avoiding a close shave.
- Avoid extreme facial expressions to prevent cracking and stretching of the skin.
- Keep hair pulled back and off the face as much as possible.
- You may shower daily keeping treated area away from water and avoiding steam from hot showers.
- Sleep on your back.
- Avoid contact with animals.
- Cleanse hands prior to touching your face.
- Avoid sweating and exercise. This can introduce bacteria to the skin.
- Avoid scratching, picking or peeling any loose skin. You may trim hanging loose skin with sterile scissors.
- Avoid direct sun exposure. You may apply sunblock with an SPF 30 or higher that has a UVA/UVB block, after the 5<sup>th</sup> day or until completely re-epithelialized. Sunscreens with Titanium Oxide and Zinc Oxide provide a broader protection.