

## Laser Resurfacing Pre- and Post Treatment Instructions (with or without BBL/IPL treatment)

### The Day Before Your Treatment:

1. If prescribed, start taking Valtrex 500mg as directed (usually 1 tablet twice a day)

### After your Treatment:

Your post-treatment care is vital to proper skin healing and ultimate results of the procedure. For best results, please follow these instructions. The length of your recovery and downtime will depend on the depth and type of resurfacing that was done. Wound care as detailed below should be followed until the skin has healed.

### Days 1-3

What to expect: Redness, swelling (especially around the eyes), rough sandpaper-like texture, burning, mild oozing, and crusting. These reactions, while sometimes alarming to patients, are normal and expected.

1. Finish taking Valtrex as prescribed (usually Valtrex 500mg twice a day)
2. Sleep with your head elevated to minimize swelling. Ice packs can be used for discomfort and to reduce swelling.
3. Avoid strenuous activity
4. Avoid direct sunlight at all times. If you have to go outside, use physical blockers such as hats, scarves, and sunglasses during this time period.
5. You may wash your face with a gentle face cleanser such as Cetaphil
6. **Keep the area moisturized** with an ointment such as EltaMD Moisturizer, Aquaphor ointment, or vaseline
  - a. With clean hands, apply a thick layer all over the treatment area every 1-2 hours
  - b. **The key to successful healing is to not let the area dry out**
7. For crusting, peeling or mild oozing: Soak the treated skin with a plain white vinegar solution 4-5 times each day. This helps *reduce redness* and *speeds healing*
  - a. Supplies
    - i. 1 teaspoon plain white vinegar
    - ii. 2 cups distilled water--from grocery store or boil water on the stove and let cool
  - b. Directions
    - i. Mix 1 teaspoon of white vinegar and 2 cups distilled water together. Solution may be mixed ahead of time and kept in the refrigerator
    - ii. We recommend using 4x4 gauze sponges for soaking. Soak sponges with solution, wring out slightly, then apply to the area for 5-10 minutes. Allow the solution to soak into any crusting. **DO NOT RUB!**
    - iii. Apply a layer of ointment to the treated area immediately after soaking

**Days 4-7**

What to expect: Redness, decreased swelling and crusting, skin peeling

1. Continue all prescription medications unless otherwise directed
2. Use Cetaphil cream, CeraVe moisturizing cream, or EltaMD epidermal repair to keep the areas moist
3. Continue vinegar soaks to any areas with residual crusting
4. Do not start wearing sunscreen until all crusting and breaks in the skin have healed.
5. Do not go into direct sunlight without sunscreen (broad-spectrum SPF 30 or higher) until the redness has resolved. Sunscreens with Zinc Oxide or Titanium Dioxide are preferred (such as Elta MD). Continue physical blockers such as hats and sunglasses.
6. Make-up can be applied once the crusting has resolved.
7. It is normal to continue to feel sunburned or tight
8. If directed, start topical hydroquinone as prescribed by Dr. Burchhardt

**Days 8 and beyond**

What to expect: Significantly decreased redness, healed or almost healed skin

1. Mild to moderate redness may last 1-2 weeks. This can be covered with make-up after 4-5 days (after the majority of the skin has sloughed)

**General Instructions**

You may take Tylenol or acetaminophen for discomfort if needed

Itching is common during the healing process. You may take over-the-counter Benadryl 25-50mg every 6-8 hours as needed. This is an anti-histamine and may make you drowsy.

Do not pick, rub, peel, or irritate your skin while it is healing

Call the office if you experience any of the following

Intense pain not relieved by Tylenol or cold packs  
Severe redness or fever

Formation of blisters or a cold sore

White or yellowish film

Odd smell to face