



## DAINES PLASTIC SURGERY

Steven M. Daines, M.D.

### Fractional Laser Resurfacing Post-Treatment Care

- Expect redness and swelling following the procedure. Swelling will peak by 48 hours and will be most noticeable around the eyes and in the jowl region. Redness will fade to pink and should disappear by 7 to 10 days.
- As the redness fades, the treatment areas will become dry and flaky. Do not peel off the dry skin. It is important for the skin to peel at its own pace.
- You will notice grid marks and streaks on the skin. These are normal. Some areas may appear more red than others and portions of your skin may develop a honey or bronze color.
- Your skin will initially feel warm following the procedure. Cool compresses and a fan can be used if needed. Pain is usually mild and can be controlled with ibuprofen or Tylenol. If you experience itching, you can take Benadryl or Claritin.
- You will be given prescriptions for an anti-viral medication (Valtrex) and an antibiotic. Begin taking the Valtrex the day before the procedure and the antibiotic the day of the procedure.
- Clean your skin gently with Cetaphil cleanser and warm water 3-4 times daily for the first week.
- After cleansing, apply Aquaphor healing ointment to your skin for the first 3 days. Beginning on day 4, you can use Cetaphil moisturizing lotion and reserve the Aquaphor for spot treating individual areas that appear more dry or raw.
- Light exercise is allowed starting on day 4.
- After the first week you can wear makeup and should diligently use sunscreen when outdoors. Avoiding sun exposure for the first month will help your skin heal more quickly and prevent setbacks.
- You should be seen after one week at which point Dr. Daines will discuss resuming your usual skin care regimen. He will also make additional recommendations for maintaining and enhancing your treatment result.
- Your results will continue to improve for several months as your skin builds new collagen.
- If you have any questions or concerns following your procedure, do not hesitate to give our office a call. We look forward to helping you achieve healthy, radiant skin.