

Fractional Laser Treatment Post-Treatment Instructions

- **You will be pink and puffy but this can be covered with makeup.** This generally resolves within 24-48 hours, although it may last up to a week in patients who don't ice or are sensitive. Some may experience a stinging or burning sensation for up to 24 hours.
- **ICE!** Apply CLEAN ice or gel packs to the treated area for 10 minute intervals every hour after treatment, it's soothing, starts healing and prevents swelling.
- **Mandate: SUNSCREEN!** SPF 30 (or higher) containing UVA/UVB protection such as zinc oxide or titanium dioxide >10% daily. Reapply if out more than 2 hours.
- During the first two weeks after treatment new skin will begin to form. It is essential to avoid injury and sun over exposure during that time. Our greatest concern is post treatment infection (caused by lack of hygiene) and hyperpigmentation (caused by sun over exposure) and scarring (from picking)
- Acetaminophen or ibuprofen may be taken to reduce discomfort, use according to manufacturer's instructions.
- Avoid activities that cause excessive perspiration or irritation to the treated area for 1-2 days post treatment.
- Once the treated area has initially healed some dryness or itching may occur. This will gradually clear. Non-irritating moisturizers provide relief.
- **AVOID:** exfoliants, retinoids, glycolics and alpha-hydroxy acids for the first week following treatment until skin sensitivity has resolved.
- Use a gentle cleanser twice a day. The treated area will be temperature sensitive for a day or two. Sometimes, cool showers or baths may offer relief.
- An acne like breakout can occur in prone individuals, call us for a prescription antibiotic acne gel that is quick acting and effective if this occurs.
- Do not use contaminated make-up for at least one week or until the redness and dryness have subsided. We recommend using products in a pump/dropper that have not been contaminated with hands/bacteria. We also recommend washing your makeup brushes or sponges in an effort to avoid infection.

Until the redness has completely resolved, avoid all of the following:

- Applying contaminated cosmetics to the treated area
- Swimming, especially in the ocean and hot tubs/jacuzzis
- Excessive perspiration – can burn
- Excessive sun exposure on non-protected skin – to prevent skin color change