



FRACTIONAL 1540 LASER POST TREATMENT INSTRUCTIONS

1. Expect to be red and puffy. This generally resolves within 24-72 hours, although it may last longer than a week in some patients. Some may experience a significant stinging or burning sensation. Redness can last up to 1 week. A non drowsy antihistamine can be taken to assist with any swelling, use according to the manufacturer's instructions.
2. Apply a CLEAN ice or gel pack to the treated area for 10-15 minute intervals every hour if needed.
3. Patients must use mineral based sunscreen. The sunscreen should be a SPF 30 (or higher) containing UVA/UVB used daily. Reapply if out more than 2 hours.
4. During the first two weeks after treatment new skin will begin to form. It is essential to avoid injury and sun exposure during that time. Our greatest concern is post treatment infection and hyperpigmentation (caused by sun exposure).
5. Acetaminophen or ibuprofen (non-steroidal, anti-inflammatory) may be taken to reduce discomfort, use according to the manufacturer's instructions.
6. Avoid activities that cause excessive perspiration or irritation to the treated area for 3 days post treatment.
7. Once the treated area has initially healed some dryness or itching may occur. This will gradually clear. Non-irritating moisturizers provide relief.
8. AVOID: manual/chemical exfoliants and retinoids for the first week following treatment.
9. Use a gentle cleanser twice a day. The treated area will be temperature sensitive, cool showers or baths may offer relief.
10. Do not use heavy moisturizers or make-up for at least one week or until the redness and dryness have subsided. We recommend using new products and washing your makeup brushes or sponges in an effort to avoid infection.

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

- Applying cosmetics to the treated area
- Swimming, especially in pools with chemicals, such as chlorine
- Ocean swimming and Hot Tubs/Jacuzzis
- Excessive perspiration – to help prevent infection
- Sun exposure – to prevent skin color change

