



Post Care Ablative Laser Treatment

Taking care of your skin after your laser procedure is as important as the actual treatment itself.

For problems or questions, call: 407.478.3151 or email somaplasticsurgery1@gmail.com for a response after hours. Note this email is monitored in the evening and over the weekend.

GENERAL EXPECTATIONS:

- Avoid direct sunlight and keep skin moist and cool to aid healing.
- Avoid environmental irritants during healing process (e.g., dust, dirt, aerosols, cleaning agents).
- Avoid dryness, excessive heat and vigorous exercising for 2 weeks.
- Stay hydrated, eat healthy foods, and avoid alcohol.
- Redness and a sunburn-type sensation will normally last several hours.
- Neck redness is more persistent and will usually last several days longer than face redness.
- Face will normally bronze and peel within 3-5 days (Note: skin below neck normally requires up to 2 weeks to bronze and peel).

DAY OF TREATMENT:

- Keep treated areas covered with topical ointment/cream as instructed by physician.
- Apply cooling compresses (e.g., bag of frozen peas or wet paper towels frozen in Ziploc bag) Note: do not apply ice directly to skin and do not use towels as detergents may irritate skin. May ice in 10 minute on and off intervals.
- If desired, you may spray water mist on skin using distilled or spring water.
- May take an analgesic (e.g., Acetaminophen or Ibuprofen) for discomfort.
- When looking at your skin up-close, you may notice a grid texture to your skin. This is normal.

FIRST NIGHT:

- Sleep with head slightly elevated.
- If experiencing irritation to the eye, may use an eye lubricant (e.g., Systane™).

DAY 1 (FIRST DAY AFTER TREATMENT):

- Avoid direct sunlight and excessive heat.
- Begin washing face 2-3 times a day with room temperature water and ZO Gentle Cleanser or Cetaphil. Avoid hot water on your face while in the shower or washing your hair.
- Re-apply non-comedogenic moisturizer to keep the skin hydrated.
- If your skin feels tight or itchy, apply a non-comedogenic moisturizer liberally, as many times as needed. (leaving moisturizer in refrigerator makes applications especially soothing).

- Avoid makeup application until at least 48 hours after your procedure.

DAY 2:

- Itching (particularly along the jaw line) tends to begin on this day.
- Continue applying non-comedogenic moisturizer (and cool compresses, if needed).
- Continue washing face with ZO Gentle Cleanser or Cetaphil and room temperature water.
- For extreme itching, hydrocortisone cream (OTC 1%) may be applied. AVOID picking and/or scratching.
- If you are experiencing uncomfortable swelling, any other the counter anti-inflammatory medication (such as Aleve or Motrin) can be beneficial in reducing puffiness.
- You may notice grid texture is more pronounced today, and possibly turning brown, with a rough, sand-papery texture. This is normal and is a sign of your skin healing.
- You may notice tiny white bumps on your skin. These are pockets of solidified oil and will wash/slough away within a day or two. Do not attempt to pick these!

DAY 4-7:

- Itching has usually subsided.
- Continue to apply moisturizer as needed.
- Swelling should be going down, however it is not uncommon for some puffiness to remain for up to 7-days after treatment.
- You may start more aggressive washing with fingertips to promote further exfoliation (do not pick).
- Use sun block SPF 30+ with zinc oxide (7-9%) and/or titanium dioxide when going outside.
- You may apply light makeup.

Maintenance - Post Treatment Skin Care Regimen: Once the sloughing is complete, you may resume your routine skin care, as long as they are tolerable to you. We recommend that you use a product from each category of GRASS. These products will help maintain and enhance the results of your Fractional Laser skin treatment.

G – Growth factors aid in cell growth and repair; ZO Growth Factor Serum

R – Retinols increase cellular turnover and improve skin clarity; ZO Retinol Skin Brightener

A – Antioxidants help prevent the formation of free radicals that leads to premature aging; ZO 10% Vit C, ZO Daily Power Defense

S – Specialty products include moisturizers, eye creams and brightening agents; ZO Intense Eye Creme, ZO Recovery Creme, ZO Brightalive

S – Sunscreens that are broad spectrum to protect our skin from UVA/UVB rays; ZO Sunscreen + Primer