

SKIN CARE AFTER LASER

We recommend that you keep these instructions on hand to review for at least three months after your laser procedure.

Immediately following your procedure, you may experience mild stinging and a slight burning sensation.

Keep your head elevated to minimize swelling.

Do not use aspirin or ibuprofen or any related medications that contain these products for 3 days.

Should any minor bleeding occur, use a sterile water moistened gauze and mild pressure on the area.

On the evening of your laser procedure and for at least the next five days:

1. Pour sterile water on the 4x4 gauze to gently cleanse skin followed by a thin layer of the yellow or blue ointment given to you. You will need to do this 2 - 3 times per day. You may gently pat the skin dry but do not rub, scrub, or towel dry your skin.
2. Use the clear Gentle Healing Ointment as needed to keep the skin moist between cleansings. Keep the skin moist at all times and do not allow the lasered skin to become dry and crusted.

The skin will usually be healed within 5 - 6 days.

Once your skin has healed:

1. You may use a gentle cleanser (**Biomedic Cleansing Bar**) to wash the skin.
 2. Begin using a mild sunscreen at 5 to 7 days. To avoid irritation or discomfort, apply a small amount to a test area before applying over the entire face. If burning occurs, gently rinse it off and try using it again the following day until you are able to tolerate it. We recommend **Obagi Sunblock**.
 3. At the same time, try using a mild moisturizer (**Biomedic Extra Mild Protection**) at night until the skin returns to normal and peeling is complete. This is usually within 7 days, but could take up to 14 days.
- The redness of the lasered skin will fade daily. As this occurs, you may resume use of your Vitamin C cream (if you were using prior to laser procedure).
 - Wait 6 to 8 weeks to resume use of stronger exfoliants, retinoids, alphahydroxy acids, and bleaching agents, such as conditioning solution, gel, or cream, Retin A, Clear, Blender, Exfoderm, and other products.
 - We have available in the office a product called **Laserfade**. This product will help the redness fade more quickly.

- If you had not been using these type of products prior to laser, you may speak with our skin care nurse about starting a program. You will want to preserve your new, healthy skin by taking care of it with medical quality products.

Jane Iredale is an excellent makeup to use after laser resurfacing. Makeup and concealers may be applied 5 to 7 days after your laser procedure. We will be happy to assist you with camouflage and application if you desire. Best results are obtained if a base color is selected pre-laser.

It is not abnormal to experience a “break out” 5 to 7 days after the laser procedure due to the moist, greasy environment from use of the healing ointments. This will manifest as small whiteheads, milia, or red blemishes. Do not be alarmed. This will resolve once you begin cleansing your skin with a lathering cleanser.

Biomedic micropeels may be resumed at 4 to 6 months. This is important in maintaining your healthy, new, wrinkle free skin.

It is critical that you avoid sunlight exposure including tanning beds. You should even avoid very hot environments. This may be necessary for up to 6 months depending on your skin. Exposure to sun will cause increased coloration (hyperpigmentation) of your newly lasered skin.

It is also important that you not use anything on your skin that we do not recommend that you use.

Please call us if you have any questions regarding care of your skin after laser.