

Post op Instructions for laser/cosmetic procedures

___ Use gentle cleansers and moisturizers after treatments.

___ Avoid any Retin A topicals, glycolic acids or exfoliating products for 3 to 5 days after treatment.

___ Wear at least a 30 SPF sunblock, preferably a sunscreen with Zinc or titanium dioxide. Avoid excessive sun for 3 weeks prior to next laser treatment.

For swelling:

___ Take an antihistamine like Claritin, Allegra, Zyrtec or Benadryl for any swelling.

___ Sleep with an extra pillow under your head to reduce swelling.

___ Cool compresses as needed

For open skin:

___ Mix 1 teaspoon of white vinegar with 1 cup of cool water. Apply to area for 5 minutes 3 times a day while skin is open.

___ Then follow with Biocream/Biogel to promote healing.

___ Use Aquaphor ointment after cleaning with vinegar soak.

___ You should not use any self tanners or bronzers that stimulate pigment. This can also result in a laser burn with laser. Remember, if you are treating pigmented lesions (brown spots) and you are spending money to remove these lesions, they can return with self tanners. Only use bronzers that you can wash off at the end of the day.

Very Important:

You MUST BE HONEST ABOUT YOUR RECENT SUN EXPOSURE AND ACTIVITIES. Sun plus laser can cause burns and blisters which can lead to undesirable side effects such as scars, discoloration and pain.

Before your next treatment:

Remember to stop any Retin A or exfoliating products at least 2 days before your next treatment.

Excessive Sun avoidance 3 weeks before your next treatment

If you develop a problem, please call the office at 404.296.8000