



# comprehensive dermatology

OF LONG BEACH

## **FRACTIONAL ABLATIVE RESURFACING AFTER CARE**

### **What should I expect after my laser treatment?**

Post procedure care and follow-up visits are essential to the healing process. The treated area may turn very red and swollen. Swelling may last for seven (7) days and some patients experience redness for one (1) month or longer. You may also experience oozing, discomfort, some bleeding, bruising, and crusting of the treated area; and peeling of the skin on days 3-5 depending on the technique utilized for your treatment. Post procedure healing varies from patient to patient.

### **How should I care for the treated area after my laser treatment?**

\*Please note that you must use **DISTILLED WATER** during the healing process.

1. Spray treated area with **Post Procedure Recovery Spray**. **Avoid spraying in eyes.**
2. Soak the area with cool **DISTILLED WATER** four (4) times a day and re-apply Aquaphor each time.
3. You may begin to use a gentle cleanser.
4. Gently dab area of crusting and bleeding with a moist gauze, pat dry and apply Aquaphor.
5. Always keep the treated area moist to ensure proper healing.
6. Sleep with your head elevated. This will help with swelling.
7. Several medications may be prescribed by your provider the day of your procedure. Please take as directed by the provider. Tylenol may be taken as needed for discomfort only.

**DO NOT: Pick your skin, this may cause discoloration.**

**DO NOT: Wear sunscreen or make-up until you have received your physician's Approval.**

**DO NOT: Use abrasive cleansers or exfoliate your skin for at least 4 weeks following your treatment.**

**AVOID: Direct contact with pets.**

### **When should I return for a follow up visit?**

Schedule a follow up appointment per your physician's recommendation. You may be required to see your physician at least 2 times following your procedure depending upon the healing process.

Please do not hesitate to contact us if you have any questions.  
562-256-9929