

## Aftercare Instructions: Dermal/Epidermal Conditions

### **Day of Treatment (Day 1)**

Avoid exercising and any activity that results in perspiring. Avoid hot steamy showers and harsh soaps/cleansers.

Do not pick or scratch the area, use sunblock of +30 SPF.

Please note your treatment site may exhibit different tissue reactions after each treatment. The following signs and symptoms are normal after laser treatment:

- The treatment site appears unchanged or appears brighter.
- The area will appear white, pink, or red.
- The treatment site may have pinpoint bleeding, blistering or red, yellow, or clear discharge and swelling.

### **Day After Treatment (Day 2)**

*Moisturize:* Keep treated area clean and moist as suggested by doctor or clinician and return to daily skin care once the treated area is healed.

*Avoid:* Avoid over the counter anti-bacterial ointments or creams as they may cause allergies.

*Activities:* You may resume activities unless a blister is present. Avoid swimming pools, ocean, and hot tub until healed.

*Blistering:* Blistering is normal. Do not pop or pick blisters. Blisters may take 1–2 weeks to resolve. You may use a non-stick bandage to protect the blister. If blister breaks apply Aquaphor and a non-stick bandage. If blister is painful you may call the clinic to have it drained.

*Healing:* Do not pick or remove scabs or crusts that develop during the healing process. This is a leading cause of infection and can lead to scarring. Healing can take anywhere from 5 to 7 days procedure dependent. Infections are rare, however if aftercare is not followed they can occur. The signs to look for are foul odor, fever, red streaks from area, yellow-green drainage, and pain. Call the office if you suspect an infection.

*Before Your Next Treatment:* Apply SPF 50 when in direct sunlight for more than 15 minutes, avoid spray tanning for 2 weeks before, and shave area day before next treatment.

*Book Next Appointment:* Schedule the next appointment as suggested by clinician or doctor. Time between the treatments will be dependent on the procedure done.