



UTAH FACIAL PLASTICS

Transformation you can Trust.

Laser Resurfacing Aftercare Soaking Instructions

Your procedure has removed some of your skin's protective layer. The delicate new tissue needs protection and help with healing. For best results follow these post procedure instructions. If there are questions or concerns in the days following the procedure, please call our office at 801-776-2220 or reach your provider Katy on her cell phone for afterhours concerns 760-420-9859.

Day of Procedure:

- 1) Cold packs may be applied to the treatment area as needed for discomfort.
- 2) Apply a thin Vaseline/pure petroleum jelly immediately after the procedure and every 2-3 hours as needed for discomfort or dryness.
- 3) Sleep with your head elevated to help reduce swelling, especially if treatment is focused around the eye area.
- 4) Your skin will be VERY sensitive and warm to the touch.
- 1) Take your medications as soon as you get home. Valtrex (Valacyclovir) dose and frequency as directed for 7-10 days (starting the day before). If your provider has provided other medications, including antibiotics please take as instructed.
 - Benadryl 25 mg every 6 hours or non-drowsy antihistamines may be used for itching or swelling.

Day 2-7:

- 2) Continue to take medications as indicated on medication provided (Valacyclovir and any others provided).
- 3) **Soaking is highly encouraged.** Not only does soaking reduce redness and speed up healing, it will also help prevent skin infections. **Do not pick, rub, scrub or irritate your fresh skin while it is healing. By soaking you should be able to tell what tissue needs to be removed. If bleeding occurs do not panic, give your skin a break and try to clear remaining debris at next soak.**

*****Always wash your hands prior to starting soaks. Soak the treated skin using a mixture of water and vinegar (2tbsp of white distilled vinegar per 8 oz water), for 15 minutes 4 times each day.** Wipe off white, yellow, and gray drainage. **Apply Vaseline/pure petroleum jelly after soaking.**

- 4) Gently cleanse the skin in between soaks using a gentle facial cleanser. Remember, do not let skin dry out. Reapply Vaseline/pure petroleum jelly.
- 5) Your skin will still be VERY sun sensitive and should be covered if you go outside.

Day 2 following treatment:

- 1) Day 2 post-treatment take the medications as indicated on medication provided
- 2) Repeat soaking the treated skin using above instructions, 15 minutes, 4 times each day. Wipe off white, yellow and gray drainage. Apply Vaseline/pure petroleum jelly.
- 3) Cleanse the skin in between soaks using a gentle facial cleanser. Do not let skin dry out. Reapply Vaseline/pure petroleum jelly.
- 4) Continue to follow sun exposure precautions.



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Day 3-5 following treatment:

- 1) Day 3-5 post-treatment take the medications as indicated on medication
- 2) Repeat soaking the treated skin, 15 minutes, 4 times each day. Wipe off white, yellow, and gray drainage. Apply Vaseline/pure petroleum jelly.
- 3) Cleanse the skin in between soaks using a gentle facial cleanser. Do not let skin dry out. Reapply Vaseline/pure petroleum jelly
- 4) Continue to follow sun exposure precautions.

**The greatest amount of peeling tends to occur between days 3 thru 5. DO NOT PICK YOUR SKIN!! Some pinpoint bleeding may occur at this point due to the peeling. This is normal and should cause no concerns. Reapply Vaseline/pure petroleum jelly liberally for moisture, and to ease the dryness due to the peeling.

Day 6-14 following treatment:

- 1) Be sure to finish all medications
- 2) You will have a follow-up appointment with your provider and aesthetician to discuss proper long-term post procedure skincare
- 3) Continue using a gentle facial cleanser morning and evening.
- 4) Apply a generous amount of a high-quality moisturizer morning and evening, Alastin Recovery Balm (necessary for dryness).
- 5) Gentle Mineral makeup or your own established cosmetics may resume on day 10 or when peeling is done.
- 6) Your skin will be VERY sensitive. If you do go outside, you should wear a high-quality Physical sunscreen as well as a wide brimmed hat.) To protect the investment you made in your skin, we strongly recommend a daily habit of high-quality mineral based sunblock, SPF 30+.

Continued Care:

- 1) Your skin will continue to grow new collagen and become more elastic because of the treatment for up to one year. Patients continue to notice improvement in skin quality months after treatment. Our patients report their results last 5-8 years after treatment.
- 2) During the year after treatment, it is the most important time to provide your skin with the necessary building blocks for this transformation: retinols, nutrients, growth factors and moisture along with high quality SPF protection.
- 3) Please remember to take care of your skin from the inside out: eat adequate protein and a healthy diet, ensure that you take a regular vitamin including vitamin C and keep hydrated.
- 4) Please make regular visits with your esthetician to discuss the ongoing care for your skin and protection of your investment.

Please call us if you have any questions about your aftercare at ((801) 776-2220. If you need to reach us after normal clinic hours, please reach out to your provider at (760) 420-9859

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101-degree F or greater
- Pain not relieved with pain medication
- Swelling, redness, bleeding and or foul drainage from an incision site
- Persistent nausea and/or vomiting
- Any other concerns