

Post Smartskin Laser Resurfacing Skin Care Regimen

- ❖ It is important that you follow these post operative instructions meticulously to ensure optimum healing.
- ❖ After 1-2 hours hot feeling will decrease and your skin may feel warm as if you had a sunburn or wind-burn.
 - If desired, you may apply an ice-water soaked towel to help diminish the “sunburn” feeling until comfortable.
- ❖ Apply the Restorative Ointment generously to help the healing process.
 - Do not let your skin dry.
 - Keep it on at all times until the skin flakes (about 5 days but can vary).
 - Reapply after washes
- ❖ After 24 hours wash twice daily with the Sensitive Skin Cleanser
 - DO NOT ITCH OR PICK AT THE SKIN!!! This is how scarring may occur.
 - Blot or pat dry. Do not scrub or rub your face as this prolongs the healing process.
 - After each wash (twice daily) for 10 minutes apply a towel soaked in dilute white vinegar (1 table spoon of white vinegar to 1 liter of bottled or boiled and cooled water)
- ❖ Avoid sun and wind exposure as this prolongs redness and may cause hyperpigmentation.
 - Wear a hat with a wide brim.
 - Any sun exposure can damage the new, young skin
- ❖ After the skin flakes and you stop the Skin Medica Restorative Ointment (usually 5th day) use,
 - the TNS Ceramide Treatment Cream and Daily Physical Defense SPF 30+ during the day
 - the Sepehr Moisturizer at night.
- ❖ Sleep on your back with your head elevated above the level of your heart to help decrease swelling and tightness
- ❖ Stay well-hydrated
- ❖ Avoid salty food as this will also increase swelling
- ❖ You may return to your regular skin care regimen once the pinkness fades (can be as long as 1-2 months).
- ❖ Take ibuprofen (as directed on the bottle) as needed for pain
- ❖ Take oral benadryl as needed for itching and/or sleep
- ❖ Notify our office immediately if you develop any cold sores/fever blisters around your mouth in spite of the antiviral medication (usually Acyclovir)