



## **SKIN RESURFACING POST TREATMENT INSTRUCTIONS**

- Mild redness will be present in the treatment area. This can last from a few hours up to a few days. The treated area almost always becomes erythematous/red
- Immediately following the procedure, the treatment area will have a mild sunburn sensation that may cause mild discomfort. Ice packs can be applied to the area for relief
- A few days post treatment you may experience peeling of the skin. This peeling will be similar to the peeling after a sunburn. Continue to follow the skin care regimen (see below) during the peeling process
- It is important to NEVER pick at the peeling skin. This could lead to scarring
- Antibiotic ointment, such as Bacitracin, may be applied to the peeling areas. Neosporin and Polysporin are not recommended
- Makeup may be applied over the treated area 24 hours post treatment
- Avoid shaving the treated area for at least 48 hours post treatment

### *Post Treatment Skin Care Regimen*

- Clean the treated area daily with a mild cleanser. Apply a thin layer of mild moisturizer to the area several times a day until any evidence of dryness, blistering, or swelling has resolved
  - Always use topical sun protection of at least SPF 30
  - You can shower as usual, but the treatment area may be temperature sensitive. Pat the skin dry after showering or cleansing
  - Avoid the use of exfoliants, loofah sponges, and aggressive scrubbing to the treated area
- Avoid chlorine, hot tubs, and swimming pools during your treatment series
  - Avoid direct sun exposure during your treatment series.

If you have any questions or concerns give us a call  
(704) 868-6100