

## Post Fractional Resurfacing Care

After resurfacing, your skin will feel hot, much like a sun burn. Cold compresses will be applied immediately after the procedure. This sensation will decrease significantly within 1 or 2 hours, but may persist for 24-48 hours but usually in a milder form. You may apply ice or cold compresses as needed. Some people will have mild swelling of the treated area. If it is bothersome, over the counter antihistamines are helpful. Occasionally itching may occur and the antihistamine will help that as well. Itching will also respond to a cold mixture of 1 tbs of white vinegar in one quart of water applied as a cold compress.

Just after the treatment use the skin care kit as instructed OR you may use a light coating of Aquaphor, a thick moisturizing cream, will be applied and should be applied 4 times a day for at least 3 days. Chilling the Aquaphor in the refrigerator will soothe the warm sensation. After 3 days, apply Eucerine cream 4 times a day.

After the procedure you may have a bit of "oozing" or pin point bleeding. This is generally kept soft by the moisturizers and can be easily washed off. Occasionally you may get a bit of a scab. If you do, clean it with a Q-tip and hydrogen peroxide. Washing should be done with a mild soap like Purpose or Cetaphil twice a day for at least 1 week. Wash in tepid, NOT hot water. Wash gently initially. Do not scrub. After 3 or 4 days, wash gently with a wash cloth. Do not use a luffa or other abrasive.

Mineral based make up can be applied in 3 days, other types in 5 days

Sun exposure should be avoided for at least 1 week. After 3 days begin using a sun block with SPF 30 twice a day. Remember sun is what did most of the damage to your skin and sun block is your best defense against further skin damage

You should not exercise or work out for 1 week

You may resume the use of topical retinoids and glycolic acid compounds in 3 weeks

After 3 months you may resume waxing, microdermabrasions and light peels

You may have Botox or fillers injected 1 week after resurfacing

Remember most people have the best results with a series of 2 or 3 treatments and the improvement continues for 4-6 months after the procedure. Repeat treatments should be done in 8-10 weeks