

Chemical Peel/Resurfacing Laser Post Care Instructions

THINGS TO AVOID:

Avoid heat exposure, alcohol consumption, and strenuous exercise *until cleared by their surgeon*. Heat exposure is going out in the sun, hot environments like hot baths, saunas, or steam rooms.

Avoid harsh rubbing or scrubbing on the skin for **one week** after the treatment.

Avoid using washcloths or the Clarisonic brush.

Avoid makeup for several days after.

Avoid Tanning Beds for 3 months minimum

PRODUCTS in KIT:

EltaMD Foaming Facial Cleanser- start as soon as possible. Gentle enough to use twice daily.

AM/PM Moisturizer- Prior to laser treatment: Use as directed on both boxes.

EltaMD Moisture/Balm- use continuously throughout **days 1-7** by applying a thin layer over the entire face.

Sunscreen- starts after day 3 when you are able to go outdoors. Always apply sunscreen before going outdoors, and re-apply throughout the day.

Not wearing sunscreen could lead to darkening of pigmented areas so please keep this in mind

Wearing Large brimmed Hats are recommended

WHAT TO EXPECT:

You may be red for a few days after the treatment. Redness is normal, don't be alarmed. Feel free to apply cold compresses to your skin to keep you comfortable, if necessary. Blisters can occur on occasion, this is normal. Apply topical Bacitracin. If signs of infection do occur please contact our office at 303-470-3400. Sometimes the dark spots can get darker before they get lighter; this is normal.

AFTERCARE MAINTENANCE:

Treatments like facials with proper exfoliation, lighter chemical peels and laser treatments are done once every three to six months.

Choosing Quality Sunblock- Choose a physical sunblock with Zinc