



THE AESTHETIC CENTER

LASER RESURFACING INSTRUCTIONS

Dr. William Bearden

Days 1-7

Ice Packs (First 48 hours mandatory; ice for comfort only after 48 hours)

- *An easy ice pack is a Ziploc bag of frozen peas or corn wrapped in a clean dish towel or tee-shirt. Apply this 20 minutes out of every hour while you are awake. DO NOT put ice cubes directly on your skin. Ice promotes healing, soothes the skin, decreases itching, and helps prevent pigmentation complications.*
- *If using **LID LIFT GOGGLES**, apply the ice for 10 minutes every time you remove the goggles for the first 48 hours (for example: every time you get up to use the bathroom or eat meals. Do this treatment at least 5 times a day).*

Vinegar Soaks and Vaseline

- *Mix 1 teaspoon of distilled white vinegar in 1 cup of distilled water (both these items can be purchased at the grocery store). Store this mixture in the refrigerator. Make fresh solution every day to keep it clean.*
- *Dip a clean paper towel into the solution. Place the wet paper towel on the resurfaced skin and let it soak for 5 minutes. Use the paper towel to gently wipe away the old ointment and debris from the skin. The goal is to remove all the old ointment and any bacteria that is on the resurfaced skin. Do not scrub – only wipe away the debris that is able to be gently removed. Do this every 2 hours while awake.*
- *Reapply a generous coating of protective Vaseline ointment.*
- *If you are using **ICE**, do this treatment every two hours while you are awake*

- *If you are using **LID LIFT GOGGLES**, do this treatment every time you remove the goggles (minimum of 5x day)*

Days 8-10

- *You can decrease the frequency of the vinegar soaks to 3 times per day followed by a mineral-only sunscreen. You can stop using the Vaseline.*
- *You can use any sunscreen that contains zinc oxide and titanium dioxide. These two minerals are great sunscreens and are soothing to newly resurfaced skin. Stay away from sunscreens with chemical active ingredients (e.g. oxybenzone, avobenzone, octisalate, homosalate, octinoxate oxinoate) as these causes irritation to newly resurfaced skin.*
 - *I highly recommend Elta UV Physical Tinted SPF 41 which has a light tint that helps camouflage the pinkness of the healing skin.*
 - *An alternate is ZO Sunscreen and Primer SPF 35*
 - *Both products are available for purchase at our office.*
- *If you feel like the resurfaced skin is too dry with the sunscreen, go back to using the Vaseline or a very gentle moisturizer such as ZO Hydrating Cream. You can use ZO Hydrating Cleanser as a gentle cleanser.*

Day 11

- *You may stop using the Vinegar Soaks.*
- *You may wash your face with tap water and a non-foaming non-abrasive facial cleanser.*
- *CONTINUE TO USE SUNSCREEN EVERY DAY!!!! Resurfaced skin is very sensitive to the sun and is more likely to burn. Sun exposure also increases the risk of hyperpigmentation. Sunscreen is the very best beauty product on the market.*
- *Wait a full 30 days before restarting your retinol, or other irritating products such as alpha or beta hydroxy acids. Start slowly (use only every other day), and stop or slow down if your skin becomes irritated.*

Day 14

- *You may start wearing make-up on the resurfaced skin! Many patients enjoy putting foundation, cover-up, or powder on top of their sunscreen. Avoid make-up products that contain chemical sunscreens (listed above) as they can be irritating to newly resurfaced skin.*

For Full-Face Laser Resurfacing Treatment

- *Take Valtrex 1000mg once a day for 10 days.*
- *If you feel a cold sore coming on, increase the dose to 1000mg twice a day and call your doctor.*

PLEASE CONTACT OUR OFFICE IF YOU EXPERIENCE:

- Worsening redness (beefy red or pink skin)
- Severe itching (mild and “slightly annoying” itching is common and normal)
- Blisters on the resurfaced skin
- Pimples or pustules on the resurfaced skin
- Any concerns indicating infection
- Fever greater than 100F.
- Any other concerns.

Day time phone: 804.287.4276 Monday – Thursday 8a-5p

Friday 8a-4p

After-hours phone: 804.257-5116 (Nights, holidays and weekends)