

GENERAL EXPECTATIONS:

Avoid direct sunlight and keep skin moist and cool to aid healing.
Avoid environmental irritants during healing process (e.g., dust, dirt, aerosols, cleaning agents).
Avoid dryness and excessive heat (no high heat on blow dryer, medium heat is fine during healing process).
Avoid any vigorous exercising for 2 weeks.
Stay hydrated, eat healthy foods, and avoid alcohol.
Redness and a sunburn-type sensation will normally last several hours.
Neck redness is more persistent and will usually last several days longer than face redness.
Face will normally bronze and peel within 3-5 days (Note: skin below neck normally requires up to 2 weeks to bronze and peel).

DAY OF TREATMENT:

Keep treated areas covered with topical ointment/cream as instructed by physician.
Apply cooling compresses (e.g., bag of frozen peas or wet paper towels frozen in Ziploc bag) Note: do not apply ice directly to skin and do not use towels as detergents may irritate skin.
If desired, you may spray water mist on skin using distilled or spring water.
May take an analgesic (e.g., Acetaminophen or Ibuprofen) for discomfort.

FIRST NIGHT:

Sleep with head slightly elevated.
Place paper towel over pillow to protect from ointment/cream.
If experiencing irritation to the eye, may use an eye lubricant (e.g., Systane™).

DAY 1 (FIRST DAY AFTER TREATMENT):

Avoid direct sunlight and excessive heat.
Begin washing face 2-3 times a day with room temperature water and Cetaphil.
May take shower and wash hair. Avoid hot water.
Re-apply Aquaphor to treated area. Ensure skin remains constantly moist.

DAY 2:

Swelling should subside and skin may bronze and feel gritty.
Itching (particularly along the jaw line) tends to begin on this day.
Continue applying ointment/cream (and cool compresses, if needed).
Continue washing face with Cetaphil and room temperature water.
Vinegar soaks may be applied frequently to decrease itching sensation and reduce possibility of infection. (Mix 1 tablespoon of white vinegar with 1 pint of warm water. Soak a soft cloth or gauze with vinegar solution and apply to treatment area for 15 minutes)

DAY 4-7:

Itching has usually subsided.
You may start more aggressive washing with fingertips to promote further exfoliation (do not pick).
Use non-irritating sun block SPF 30+ with zinc oxide (7-9%) and/or titanium dioxide when going outside.
You may apply mineral makeup (powder).

DAY 7-28:

Continue appropriate moisturizer until skin has hydrated back to its normal level (3-4 weeks).
You may start regular skin care program as long as treated area is healed (no exfoliation).
Continue applying non-irritating sunblock (SPF 30+) and use mineral makeup (powder) to protect treated areas (do not use liquid foundation as it may clog pores and irritate new skin).
Avoid exposure to excessive sun for up to 4 weeks (hat or clothing must be used to protect treated areas).
You may return to exercise programs.



- Mild cleanser to wash with up to 2-3 times a day as needed



- Aquaphor ointment to be used for the first 3 to 4 days