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**Post-Laser Instructions**

1. Immediately after the treatments, you should apply ice pack, as there may be mild swelling. It is normal for the treated area to feel like sunburn for a few hours. You should use a cold compress as needed.
2. Every 1.5-2 hours, while you are awake apply a solution of 1 tsp. white vinegar to a cup of cool tap or bottled water soaked in gauze to the treated area for 15-20 minutes. Keep the gauze wet continually during the soak. You will need to continue this process for approximately 1-2 days.
3. Avoid any trauma to the skin for up to 2-5 days, such as bathing with very hot water, strenuous exercise or massage.
4. Keep head elevated while sleeping with 2 pillows.
5. Avoid picking or scratching the treated skin to achieve your best results. For fractional resurfacing there should be nothing applied for the first day, after that Aquaphor, or Vaseline should be applied.

DO NOT ALLOW YOUR SKIN TO DRY OUT AT ANY TIME.

1. With fractional resurfacing, makeup should be avoided for two days.
2. You may shower after laser treatments in tepid water. Skin should not be rubbed.
3. You will experience redness from two to seven days. Avoid direct sun exposure and tanning beds for one to two months and through out the course of the treatment so as to reduce the chance of dark or light spots. Use sunscreen SPF 30+ at all times throughout the treatment when going outside.
4. Avoid tweezing, waxing, bleaching or chemical peels during the course of the treatment. Do not use any irritants such as Retin-A, Benzoyl Peroxide, Glycolic Acid and Hydroquinone for seven day before the Fractional laser treatment and seven days after.
5. You may use Benadryl tablets over the counter as directed on the box, if swelling or itching develops.