

Day of Procedure

1. Keep the area clean and covered with a high quality, unscented dye free moisturizer (such as Aveeno Daily Moisturizing lotion, Obagi Action or Vanicream Lite lotion).
2. In areas that are oozing or bleeding, apply Aquaphor.
3. Make sure your hands are clean.
4. Do not get the laser area contaminated with bacteria.
5. Do not use any products that contain Lanolin.

Post-Op Day 1

1. Shower daily. (Avoid harsh soaps) Apply a thin coat of moisturizer to the entire area or Aquaphor to oozing and scabbing areas.
2. Gentle washing of the face with a mild cleanser should be done 2 times a day, (use unscented, dye-free soap and cleansers i.e.: Dove or Vanicream cleanser bar.)
3. After washing re-apply moisturizer immediately. Never let the area completely dry out.
4. Take the Decadron or Medrol dose pack
5. Take Antibiotics
6. Take Antiviral as prescribed.
7. Follow-up visit at office.

Post-Op Days 2 to 14

1. Follow-up @ office Post Op Day 7 & 14
2. In 7-14 days the skin will re-epithelialize (get a new layer of skin). After that:
3. Continue with gentle cleansing 2 times a day (use Obagi Nuderm System or use an unscented, dye free cleanser).
4. Use total sunblock and stay out of the sun.
5. Use a high quality unscented, dye free, facial moisturizer (such as Obagi Action, Aveeno Daily Moisturizing lotion, or Vanicream Lite lotion).
6. Make-up can be worn in any area that isn't oozing or scabbing.
7. Tretinoin (Retin-A) can be restarted.
8. Hydroquinone, if separately prescribed should be started.
9. In areas of scabbing or oozing, continue Aquaphor or bacitracin.
 - **No smoking. Avoid second hand smoke.**
 - **Drink Plenty of water**
 - **Stay out of the sun**
 - **If scabs become worse apply bacitracin antibiotic ointment**
 - **If swelling continues and itching is present then apply hydrocortisone, (Cortizone), cream 10% & take an antihistamine by mouth.**
 - **Do not use any products containing Lanolin.**