



If any of these symptoms seem excessive, contact the office.
Office Phone Answered 24 hours daily

Day 1

1. Keep the area clean and covered with Aquaphor.

Day 2

1. Shower (Avoid harsh soaps) daily Apply a thin coat of Aquaphor® ointment to the entire area.
2. Take the Decadron dose pack, antibiotics, and antivirals as prescribed.
3. Remove Aquaphor and built-up debris by applying gauze and removing without wiping (just put on , pat down, and peel off gently).
4. After washing re-apply Aquaphor® immediately. Never let the area completely dry out.

Day 3

1. Gentle washing of the face with a mild cleanser should be done 2 times a day. (use unscented, dye free, soap and cleanser) such as Dove.
2. Do not let crusting build up. Wash face to gently remove. Use sterile gauze to remove aquaphor as stated before. Don't rub. Don't pick or peel.
3. Follow up in 1,3,7 and 14 days.
4. In 7-14 days the skin will re-epithelialize (get a new layer of skin). After that, continue with gentle cleansing 2 times a day (use Obagi Nuderm System). Use total sunblock and stay out of the sun. Use a high quality unscented, dye free, facial moisturizer (such as Obagi Action or Aveeno). Make-up can be worn. Tretinoin (Retin-A) can be restarted

- **No smoking. Avoid second hand smoke.**
- **Drink Plenty of water**
- **Stay out of the sun**

