

### IMMEDIATELY AFTER TREATMENT:

1. A cool ointment will be applied to the treated area. This will need to be reapplied at home to keep the area moist at all times.
2. A pain prescription will be written to be used if needed, although Extra Strength Tylenol may be used.

### HOME CARE; DAY OF THE TREATMENT:

1. Keep ointment on the treated area and re-apply as often as necessary to keep the skin from becoming dry.
2. You may begin taking pain medication to help alleviate any discomfort.
3. Try to relax this day and keep your head elevated with two pillows behind the back to help reduce swelling.

### DAY 2 -10:

1. You may begin taking a shower the day following your treatment. The treated area can be cleansed in the shower (If this is too uncomfortable, just apply a new coat of ointment to the treated area and begin cleansing on the third day). Cleansing should be done with a mild soap and water.
2. Apply ointment to the treated areas three times daily or more to keep the areas moist.
3. Continue to take pain medication as needed to help alleviate discomfort and swelling. The discomfort usually subsides after 48 hours.
4. A crust may form over the treated areas. This should not be picked or scratched at but allowed to heal naturally. (Disturbing the treated areas can cause scarring).
5. A solution of one cup water to one teaspoon of WHITE vinegar can kept in the refrigerator and be used for cold compresses to alleviate any discomfort throughout the first 10 days.

### DAY 10 - 6 weeks:

1. You may begin applying makeup once the crusting has healed. This usually occurs at 8-10 days following the treatment. A good moisturizer needs to be used as the treated area will be very dry and tight at first.
2. Avoid getting any sun on the treated area for two weeks. The treated area will be very susceptible to sun exposure and damage can occur. At two weeks you may go out with a sun block of 30 SPF or greater. This must be used for approximately four months following the laser treatment.
3. Once the crusting has subsided, the treated area will be very red. This will gradually subside over a period of 6-8 weeks. A GREEN based cover up makeup can be purchased from most cosmetic lines that can be worn under your own makeup to help cancel out the redness of the laser treatment.

If you have any questions regarding the areas treated, please call the office at (415) 392-9800.