



Caring for Your Skin After a Laser Resurfacing Treatment

Initially, the skin will be tender, sensitive and warm to the touch. It is important to keep the skin covered with a protective gel (i.e. Aquaphor or Alastin Nectar) at all times immediately following treatment. Following specific steps to protect and care for the skin can improve your overall recovery experience. Some of these may include:

- **Ice Packs** - for comfort and inflammation, apply an ice pack (with a barrier) to the skin for up to 10 minutes at a time, several times each day for the first 24-48 hours.
- **Over-the-Counter Medications** – Tylenol and other over-the-counter products can reduce discomfort after laser treatment. Your provider will discuss options.
- **Elevation** – Elevating the head while you rest can increase comfort and help reduce swelling during healing. Many patients use an extra pillow while they rest.
- **Skin Itchiness** - Your skin may feel itchy in the early healing phase.
- **Sun Protection** – During recovery from laser resurfacing, the skin is more sensitive to the sun. Limiting time outdoors and using sun protection can protect the skin as it heals. We recommend using a broad-spectrum SPF 30+ sunscreen daily after laser rejuvenation and reapplying it often when you're spending time outdoors. Avoid direct sun exposure for at least one month after procedure. Lifetime daily sunblock use is recommended to prolong your results and protect your skin from photo-aging.
- **Avoid** harsh products, exfoliants and Retin-A for 2 weeks post treatment. Avoid makeup for 3-5 days or as instructed by your treatment provider.

Full recovery after laser rejuvenation can take up to two weeks depending on the intensity of your treatment. Most patients have less than a week of complete downtime and return to their daily activities much sooner.

Our team will provide detailed recovery instructions. Patients can contact us if they have questions or concerns during recovery.