

## Laser Post Treatment Instructions

### Ways to Speed Healing:

- Apply a thin layer of Aquaphor Healing Ointment or plain Vaseline to treated area.
  - Always thoroughly wash hands before touching treated area.
  - Re-apply frequently as needed to maintain a continuous layer on your skin.
- Soak the treated skin with a plain white vinegar solution at least **4 to 8** times each day.
  - You can't soak too much. Soaking *reduces redness* and *speeds healing!*
- Do not pick, rub, scrub or irritate your skin while it is healing.

### How to Soak:

Dip a clean, soft, cloth into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution wets the skin. Rinse and repeat for 10 to 15 minutes.

- Most of the ointment should come off during the soak (do NOT rub).
- **Solution:**
  - **1 teaspoon of plain white vinegar to 2 cups of water.**
  - Solution may be mixed up ahead of time and kept in the refrigerator.
- Apply a thin layer of ointment to the treated area immediately after soaking. If the skin gets dry or scabs appear, you need to soak more often and apply more ointment.



### DO NOT:

- Do not put ANY other creams, ointments or products of any kind on the treated area until your care provider indicates it is ok to do so.
- Do not let your skin come in contact with detergents, fabric softeners or dryer sheets. Fabrics that have been treated with these products may irritate your skin.
- Do not pick, rub, scrub or irritate your skin in any way while it is healing.
- Do not expose the treated area to the sun (even on cloudy days).
  - Remember, UVA passes through house and car windows.
  - UVA exposure can cause skin to darken.



## What to Expect:

- Oozing may occur for the first 24 hours. You may notice small red/brown spots on your skin which may turn darker, but will disappear as the skin begins to heal.
  - You may wish to protect your pillow the first night following treatment with an old, clean pillow case.
- Swelling may occur and usually resolves in 2-4 days.
  - Sleeping on 2 pillows with your head elevated is helpful.
- Redness is a normal and expected reaction and will resolve with time.
- It is normal for skin to feel “sunburned” and/or tight.

## General Instructions:

- Avoid touching the treated area unless necessary (vinegar soaks). Do not pick the treated area but allow skin to heal on its own.
- You may shower, but keep soaps and hair products from coming in contact with the treated area.
  - Do a vinegar soak after the shower, followed by ointment.
- If you experience itching, an over the counter antihistamine such as Benadryl (diphenhydramine) may be helpful.
- Ibuprofen or acetaminophen may be used if needed.
- After stopping the ointment, use ONLY a clinician recommended moisturizer for at least one week. Examples are:
  - Vanicream
  - Cetaphil Moisturizing Cream (this is more gentle than Cetaphil lotion)
- Make-up may be worn after the majority of treated skin has healed, usually within 4 to 7 days.
- It is **very important** to use sunscreen with a SPF of 20 or greater when your clinician says your skin is ready.
  - This helps prevent post inflammatory hyperpigmentation (darker areas).
- Please call the office 973-784-1024 if you experience intense pain, drainage, severe redness or fever, increased itching, the appearance of a cold sore, blister or a tingling sensation, or if at any time you feel that you are not healing normally.