



Erbium YAG Laser Skin Tag and Wart Removal

Post-Treatment Care

Your skin has undergone a targeted laser treatment to remove a benign skin growth. Mild redness, sensitivity, or slight crusting may occur as the area heals. Following these aftercare instructions will support proper healing, minimize risks, and help optimize your results..



Days 0-2

1. **Minimize discomfort.** Apply cool compresses 2 hours post-treatment and take Tylenol as needed.
2. **Cleanse twice daily.** After washing hands, clean treatment area with a mild, gentle cleanser such as Cetaphil. Gently pat dry with a clean, soft washcloth.
3. **Keep skin moist.** Reapply the occlusive ointment recommended by your clinician as needed to keep the skin moist until the surface level has healed.
4. **Avoid vigorous exercise**—and activities that may cause flushing or excessive perspiration including exercise, spicy foods, alcohol, or hot temperature
5. **Sleep on your back.** Ensure you are using a clean pillowcase
6. **Drink 64 ounces** of water daily
7. **Keep contaminants away** from treated skin. (Cell phones, glasses, hair and accessories.

Days 3-5

1. **Keep skin hydrated.** After the surface level has healed, begin applying a gentle moisturizer 2-3 times a day.
2. **Continue to avoid vigorous exercise**—and activities that may cause flushing or excessive perspiration including exercise, spicy foods, alcohol, or hot temperatures.
3. **Drink 64 ounces** of water daily
4. **Avoid direct sun exposure** and protect against sun damage. After the surface level has healed, apply zinc/titanium dioxide-based sunscreen daily. Reapply every two hours when outdoors.

Days 6-7

1. **Continue to keep skin hydrated.** Apply a gentle moisturizer 3 times a day.
2. **You may begin to wear makeup.** Ensure brushes and applicators are clean.
3. **Avoid direct sun exposure and protect against sun damage.** After the surface level has healed, apply zinc/titanium dioxide-based sunscreen daily. Reapply every two hours when outdoors.



1. **Do not take Advil** or other anti-inflammatory pain medications
2. **Do not apply any other skincare products** unless instructed by your provider
3. **Do not perform vigorous exercises** and activities that may cause skin flushing or perspiration.
4. **Do not consume alcohol** or spicy foods
5. **Do not scratch or pick** at the healing skin
6. **Do not expose skin to direct sunlight.** Continue to avoid direct sun exposure for the next 4 weeks, for best results up to 6 months. Skin will be more sensitive to the sun.

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Contact Us if you Experience

- ! Excessive Swelling
- ! Blistering
- ! Signs of Infection
- ! Severe pain not relieved with recommended care

Please note:

Healing rates vary by individual. If you have any questions or concerns please contact our office.



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