



# Erbium YAG Laser Resurfacing

## Post-Treatment Care

Your skin has undergone a controlled resurfacing treatment and will need gentle support while healing.

Following these guidelines will optimize your results and minimize risks.



### 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

- ! Severe pain that worsens after treatment
- ! Skin turning **pale, white, purple, or blotchy**
- ! Vision changes or blurred vision
- ! Skin blistering or ulceration
- ! Extreme swelling

**Please note:**

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



845-825-3362