

## **CARE INSTRUCTIONS FOLLOWING DERMABRASION OR LASER SURGERY**

- Many people will experience a stinging sensation at the completion of the procedure. This will be a short duration-lasting a few hours to as long as 24 hours. You may find the discomfort is eased by applying an ice pack wrapped in a soft cloth for intervals of no more than 25 minutes, or you may wish to keep a cold washcloth across the area. You may use Tylenol or Motrin to ease the stinging as well.
- It is of critical importance that you keep the treated areas clean and moist. You will be sent home with ointment covering the area and will need to reapply the ointment every few hours while you are awake. A&D ointment is preferred.

Beginning the morning following the procedure begin washing the treated skin to remove the yellow crust which forms as the skin weeps. Stand in the shower and let the water run over the treated area for 20 minutes. Once out of the shower, use a gentle soap and water on your fingertip, Q-tip, gauze square, or soft washcloth. Rub away the yellow crust so that you only see pink skin, do not scrub so hard that the skin bleeds. Repeat the washing procedure 3 to 5 times per day during the first 3 days. (The shower need only be repeated once daily). As the skin begins to weep less, you may cut down on the number of times you wash.

To keep your newly treated skin moist we would like you to always maintain a thin layer of A&D ointment covering it. In addition to applying the ointment after each washing, apply it periodically during the day as well.

The goal is to have your skin clean, moist and pink!

- Infection is unlikely to occur, but please notify us if you experience any sudden increase in pain, fever or the development of small pustules. If you feel you are developing a cold sore, contact our office. The office number, as you know, is (312) 695-6022.
- We will ask you to return to the office for a follow up visit in the first few days after the procedure, but please feel free to call if you have questions or concerns about how you are healing.
- The newly treated skin needs to be protected from the sun. Avoid sun exposure as much as possible for at least two months. Use a protective sun screen preparation.