

POST TREATMENT INSTRUCTIONS FOR RESURFX

You have just received a non-ablative fractional laser resurfacing treatment. Please read the following post care instruction carefully and follow them closely.

DAY OF TREATMENT: Immediately after your treatment the skin will feel rather hot. Your practitioner will assist you with cooling the skin for comfort as well as applying moisturizer and sunblock. After it cools it may still feel like a mild to moderate sunburn for a few hours.

NOTE: During the healing process (3-5 days) **NO ACTIVE PRODUCTS** should be used on the skin as they may cause irritation to the treated area. This includes all of the following: any form of retinol, hydroquinone, salicylic/glycolic/lactic acid, vitamin C, or Benzoyl Peroxide. Do not use anything abrasive like a washcloth, or Clarisonic brush during the healing process as premature removal of dead skin may compromise overall results.

- **DAY 1:** Skin may be mildly swollen and red, particularly around the eyes. Do not be alarmed. Swelling is normal and expected. Wash with gentle cleanser twice a day; apply gentle moisturizer as needed, and a physical SPF 30. Mineral makeup can be used if desired.
- **DAY 2** Skin might feel rough. Continue with gentle wash twice daily, moisturizer as needed and sunblock daily. Make-up can be used as desired.
- **DAY 3:** Mild flaking is expected and normal. Avoid scrubbing or picking dry skin as it may result in irritation and compromise the overall result. Continue with gentle cleanser twice daily, moisturize as needed and daily sunblock. Makeup can be used if desired.
- **DAY 4:** Skin will still appear dry and mild peeling will continue. Avoid picking and scrubbing. Continue with gentle cleanser twice daily, moisturize as needed and sunblock.
- **DAY 5:** Mild peeling should probably be almost completely resolved. Skin will feel softer, yet may be sensitive to sunlight. It's important to continue with sunblock daily, and you may resume active products, if cleared by your practitioner. (i.e. retinols, AHA's, vitamin c etc.)

If you have any concerns, please feel free to call 301-977-2070 or email forddermstaff@yahoo.com.