

**POST-OPERATIVE INSTRUCTIONS  
LASER RESURFACING  
ERBIUM YAG/FRACTIONAL LASER**

1. The first two days following laser resurfacing you will wipe your face gently with Q-tips every two hours to remove the old Aquaphor and apply new Aquaphor. Tap water may cause a burning feeling. Re-applying Aquaphor will help remove the yellow tinged fluid from forming a scab. Keep the lasered area moist with the Aquaphor at all times.
2. **NEVER PICK AT CRUSTS THAT DO NOT LOOSEN EASILY.** Apply Aquaphor ointment to scabs and they should come off easily with time. If you are having difficulty with the crusts or are unsure please call the office for further instructions.
3. The lasered area will swell and look like a rug burn. Swelling usually lasts from three to ten days. Cool moist compresses may help with that sensation if you can tolerate the water.
4. We may start you on anti-viral medication for areas around the mouth since some people are prone to cold sores (fever blisters). The cold sores could flare up following laser resurfacing.
5. Please call if the lasered areas become itchy. We may have you discontinue the Aquaphor ointment. In most cases you do not need to continue Aquaphor after one week. People can develop an irritation to the Aquaphor. After three days please call our office if the swelling continues or the area becomes more red, as this could be a reaction to the Aquaphor.
6. In most cases makeup may be used to cover the treated areas within 5-7 days. You may want to consult with our esthetician on how to cover the redness. The esthetician can also recommend skin care products, such as cleansers (i.e. Elta cleansers/moisturizers, Eucerin Gentle Hydrating Cleanser or Neutrogena Extra Gentle Cleanser), hydrators and sun protection.
7. Try to avoid direct rays of sun for at least six to eight weeks after resurfacing since your “new” skin will be more sensitive and will have a tendency to burn or tan darker (hyperpigment). The resurfaced areas should be protected with sunscreen while outdoors, and for three to six months you should wear a large brimmed hat to shade the face.
8. Prolonged exposure to the sun (walking, golfing, fishing, tennis, or similar activities) increase your risk of hyperpigmenting. If the laser resurfaced area should start to turn brown (hyperpigment), usually about two weeks after the treatment, please call and let us know immediately.

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9. Your resurfaced skin will be sensitive and products containing glycolic acid, alphahydroxy acid, retinol/retin A and exfoliants may be irritating. Please avoid using products containing these ingredients. Gentle over-the-counter hydrators such as Eucerin or Neutrogena (original formula) may be used for moisturizing the area. Since the skin will be dry, you may need to apply a hydrator more frequently than usual.

**If you have any questions please call our office at (847)304-1000. If no one is in the office, the answering service will reach one of our staff members.**