

## POST FRACTIONAL RESURFACING CARE

After resurfacing your skin will feel hot, much like a sunburn. Cold compresses will be applied immediately after the procedure. This sensation will decrease significantly within 2 or 3 hours, but will remain for 48-72 hours. You may apply ice or cold compresses as needed. Some people will have some swelling that is mild. If it is bothersome, over the counter antihistamines are helpful. Some people will have itching and the antihistamine will help that as well. Itching will respond to a cold mixture of 1tbs of white vinegar in one quart of water. Just after the treatment a light coating of Aquaphor, a thick moisturizing cream, will be applied and should be applied 4 times a day for at least 3 days. Chilling the Aquaphor in the refrigerator will soothe the warm sensation just after the procedure. After 3 days, apply Eucerine cream 4 times a day.

After the procedure most people will have a bit of "oozing" or pin point bleeding. This is generally kept soft by the moisturizers and can be easily washed off. Occasionally you may get a bit of a scab. If you do, clean it with a Q-tip and hydrogen peroxide. Washing should be done with Cetaphil twice a day for at least 1 week. Wash in tepid, NOT hot water. Wash gently initially. Do not scrub. After 3 or 4 days, wash gently with a wash cloth. Do not use a luffa or other abrasive.

Make up should not be applied for 5 days. (Mineral make up 3 days)

Sun exposure should be avoided for at least 1 week then you can begin using sun block with at least SPF 50. Remember sun is what did most of the damage to your skin and sun block is your best defense against further skin damage

You should not exercise or work out for 1 week

You may resume the use of topical retinoids and glycolic acid compounds in 3 weeks  
After 3 months you may resume waxing, microdermabrasions and light peels.

Remember most people have the best results with a series of 2 or 3 treatments and the improvement continues for 4-6 months. Repeat treatments should be done in 10 weeks.