

## Laser Peel Post Care Instructions

Patient response can vary after a laser peel treatment. Erythema and swelling are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth of your peel.

- Redness normally persists for 24 hours to 5 days depending on the depth of the peel
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling.
- If an antiviral was prescribed for you, continue to take it as directed.
- Post treatment discomfort can be relieved with over the counter pain relievers such as Tylenol.
- Cold compresses or ice packs can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after treatment.
- Cleanse the skin with a gentle cleanser beginning the morning after treatment and daily until healed.
- You may apply an occlusive barrier like Aquafor. This will provide a protective barrier that will hold moisture into the skin and provide protection. Do not allow the treated area to dry out.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS AS THIS COULD RESULT IN SCARRING AND INFECTION!**
- Avoid direct sunlight for up to 2 months post treatment.
- Once the skin has healed and there is no need for an occlusive barrier, you may return to wearing makeup. You will also want to apply broad spectrum sunscreen of at least SPF 30 or higher daily.
- When showering, avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after the skin has healed.

There may be some degree of swelling immediately post treatment. However, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at 512-815-0123. Signs of infection include:

- drainage
- increased warmth at or around the treated area
- fever of 101.5 or greater