



## Post Ablative Laser Instructions

*Bring this handout to your laser visit and each follow-up appointment.*

### **Day of Laser** *Date:*

- Apply liberal amounts of Aquaphor or Vaseline throughout the day.

### **1 Day After Laser**

- Take all prescribed medications as instructed.
- Gently remove all ointment with wet gauze or cotton rag before showering.
- Clean treated site with gentle soap and water.
- Perform a dilute vinegar soak 3-5 times per day, approximately every 3-4 hours.
- Gently remove any peeling skin, scabs, or crust that comes off freely with a moist Q-tip, cotton ball, cotton rag, or gauze. This should not hurt or cause bleeding. **Do NOT be overly aggressive with the removal of peeling skin.** If it does not peel freely with gentle traction do not force it off.
- Apply liberal ointment (Aquaphor or Vaseline) after every vinegar soak to prevent skin from drying out.

### **2-3 Days After Laser** *Follow-Up Appointment:*

- Your first follow-up appointment will be during this time. Bring all medications you are taking for your post-laser care (prescribed and over the counter) to this appointment.
- Continue to take all prescribed medications as instructed.
- Continue to perform dilute vinegar soak 3-5 times per day, approximately every 3-4 hours.
- Continue to remove any peeling skin, scabs, or crust.
- Continue to apply liberal ointment after every vinegar soak to prevent skin from drying out.

### **1 Week After Laser** *Follow-Up Appointment:*

- Your next follow-up appointment will be at this time.
- Skin should be close to healed.
- Instructions on next wound care steps will be determined at follow-up appointment.
  - Vanicream Moisturizing Cream – apply to healed skin
  - Dilute vinegar soaks and ointment – any areas that are still healing (scabs, crust)
  - Refill and continue medications:
  - Fill and begin use of new prescription topical steroid:



- You may begin to experience tightness and itching.
  - Keep nails short and wear gloves at bedtime to prevent scratching during sleep.
  - Take antihistamines to help with itching – Claritin during the day, Benadryl at bedtime.
- Okay to resume exercise as directed by Dr. Sengelmann.
- Continue to avoid sun exposure.

## 2 Weeks After Laser Follow-Up Appointment:

- Splotchiness will still be evident but swelling should have improved.
- Redness will continue to lighten and improve day by day.
- Continue antihistamines as needed for itching.
- Continue to keep skin moist with Vanicream for itching.
- Mineral SPF, such as SkinBetter Tone Smart SPF 75, is okay to apply at this point unless instructed otherwise.
  - Avoid chemical-based sunscreens
  - Avoid any products with perfumes/fragrance.
- Take care to apply proper sun protection whenever you are outside.
- Tightening of skin will continue for up to 18 months.
- Okay to resume normal daily activities unless instructed otherwise.

### **Patient Specific Instructions:**

*Date:* \_\_\_\_\_ *Instructions:* \_\_\_\_\_