



## Skin Care for Laser Rejuvenation

### Supplies Required:

<input type="checkbox"/> White vinegar	<input type="checkbox"/> Aquaphor or Vaseline	<input type="checkbox"/> Benadryl
<input type="checkbox"/> Distilled water	<input type="checkbox"/> Saran Wrap	<input type="checkbox"/> Q-tips
<input type="checkbox"/> 100% Cotton rags <i>or</i> cotton balls <i>or</i> gauze		
<input type="checkbox"/> NSAID (non-steroidal anti-inflammatory) such as ibuprofen (Advil or Motrin), naproxen (Aleve)		
<input type="checkbox"/> Thick, bland cream (Vanicream, Cetaphil)		

### ProFrac and Ablative Laser Patients

- Pick up and begin your prescriptions as instructed
  - Valtrex (valacyclovir) 500mg – Take 1 pill by mouth twice daily for 7-10 days as instructed
  - Cephalexin 500mg – Take 1 pill by mouth twice daily for 7-10 days as instructed

### Skin Care Regimen

#### Sunscreen

- **Before laser:** Use daily.
- **After laser:** Discontinue for 1-2 weeks after laser unless otherwise instructed by your provider.

#### Retinoids

- **Before laser:** Discontinue 1 week before your laser treatment.
- **After laser:** Resume 1-2 weeks after laser unless otherwise instructed by your provider.

#### Skin Lightening Agent (such as hydroquinone)

- **Before laser:** Discontinue 1 week before your laser treatment unless otherwise instructed by your provider.
- **After laser:** Resume 1-2 weeks after laser unless otherwise instructed by your provider.

#### Moisturizer

- **Before laser:** Use daily.
- **After laser:** Use liberally every day as instructed by your provider.

### Patient Specific Instructions:

## Post-Laser Rejuvenation Care

### BBL (Broad Band Light)

- **For 1 week** after laser use topical moisturizers liberally throughout the day ensuring skin does not become dry.
  - At night you may cover the area (with care to avoid covering the mouth and nose if treating face) with saran wrap to prevent the skin from drying out.
- **For 7-10 days** after laser or until any peeling has resolved, stay out of direct sun and practice good sun protection measures including but not limited to regular use of sunscreen, sun hats, and protective clothing.
- Any darkened spots, scabbing, or striping will resolve over 1-2 weeks.

### ProFrac (Microablative)

- **For 5-7 days** after laser apply generous ointment (Vaseline or Aquaphor) to the treated areas throughout the day ensuring skin does not become dry.
  - At night you may cover the area (with care to avoid covering the mouth and nose if treating face) with saran wrap to prevent the skin from drying out.
- Perform dilute vinegar soaks twice daily as directed by your provider. See provided handout for instructions on how to prepare solution and perform soak.
- 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.
- Reapply ointment after performing vinegar soak.

### Ablative

- See provided handout for detailed wound care instructions.

### Patient Specific Instructions: