



POST PROFRACTIONAL RESURFACING TREATMENT INSTRUCTIONS

It is crucial to the health of your skin that these guidelines be followed.

Post-treatment symptoms may include but are not limited to: several hours of a hot "sunburnt" feeling, swelling (eyes may be very swollen for a few days), extreme redness, pinpoint bleeding/scabbing, weeping/oozing, itching, acne/milia breakouts, extreme dryness, heat/sun sensitivity, blistering and nausea.

*Please message us on Klara or call (205.877.9773) if you experience fever, chills, significant pain or swelling, bad odor, blisters, crusting or any other unexpected concerns. Klara messages are only checked during business hours.

DAY 1

- Apply cool compresses (such as clean, cold towels, ice packs or frozen peas) as needed.
- Apply light layers of _____.
- Take recommended anti-inflammatory and/or pain medication to keep you more comfortable.
- Sleep with your head elevated to reduce swelling. Benadryl can also be used to decrease swelling.
- Apply mupirocin ointment to nostrils before bed. Take antiviral medication daily.

DAY 2 TO DAY 7

- Face will be red and swollen with possible weeping and oozing (may last up to three to five days).
- Apply clean, cold compress (frozen peas) as needed.
- Gently wash with _____ and splash face with cold water.
- Apply mupirocin ointment to nostrils once daily to prevent infection.
- Avoid scrubbing, picking or scratching skin.
- Soaking can help with exfoliation; soak gauze or clean white wash cloth and gently apply to skin for 10-15 minutes. (Vinegar soak: 1 teaspoon white vinegar mixed with 1 cup water)
- Re-apply skin healing ointment every couple of hours. (Some ointments can cause acne-like breakouts. Wash skin two to three times daily to help this clear.)
- With proper care, photo-damaged skin should turn brown and flake off over the next three to six days.
- Mineral makeup or Oxygenetix (post-procedure makeup) may be worn once most of the brown has flaked off revealing pink skin underneath. Both are available in our skincare boutique.

PROTECT YOUR INVESTMENT

- Use physician-grade skincare to keep your new skin healthy and vibrant. Alastin Skin Nectar is designed to support the skin, before, during and after cosmetic procedures by working with the skin's natural regeneration process. Apply immediately post-procedure for faster recovery and healthier looking skin.
- Avoid prolonged sun exposure, exfoliants and retinol products for four weeks.
- Wear sun protection (hats/visors) and SPF 30+ with zinc oxide for eight or more weeks post treatment.