

ProFractional Post Laser Skin Care

- **First 24 hours**
 - The skin is red, much like a sunburn
 - There may be pinpoint bleeding in the first 12-24 hours (especially in aggressively treated areas)
 - Swelling may occur depending on aggressiveness of treatment
 - Cold compresses help with redness, swelling, pinpoint bleeding, and mild discomfort
 - Anything new applied to the face (water, soap, creams, make-up) might sting for several minutes then subside
 - Use Gentle soap or cleanser (e.g. Cerave, Cetaphil, or Epionce gentle cleanser)
 - Apply a steroid cream, emollient (e.g. Aquaphor), or Epionce barrier cream twice a day x3 days until redness subsides, then daily cream moisturizer
 - Make-up such as mineral based or Lycogel (acne control if prone to breakouts) can be used for camouflage and SPF
 - Avoid sun exposure
 - Take prescribed antiviral pills if prone to cold sores/fever blisters with sunburns

- **From 24-48 hours**
 - The skin becomes darker and a bit brawny
 - The microscopic pixel “plugs” have healed
 - No more stinging with washing, etc.
 - Daily cream moisturizer (e.g. Eucerin, Aveeno, Neutrogena) once stinging subsides
 - Avoid sun exposure
 - Non-steroidal anti-inflammatory drugs (NSAIDs) such as, motrin or advil, as needed to help reduce any mild swelling or mild discomfort.

- **After 48-72 hours**
 - The plugs are ready to exfoliate
 - First starts around mouth (increased movement)
 - Exfoliating skin feels “gritty” but no large “flakes” like with peels
 - Best way to exfoliate:
 - Soak skin in the sink or shower for 5-10 minutes
 - Use fingertips only (no washcloth) with firm pressure in circular motions
 - Any exfoliated plugs will help “grab” others creating a natural yet gentle scrub. Last place to exfoliate is the periphery of the face (upper forehead, jaw)
 - Optional vinegar soaks help to “chemically” loosen the plugs: 1.5 oz white vinegar added to 1 quart water. Soak 100% cotton washcloths in solution, cover the treated area, lie back and relax for 10-15 minutes. Dilute with additional water if too much burning. Wash normally, blot skin to dry, then apply moisturizer. Repeat up to 3-4 times daily as needed.
 - OK to go back on retinoids
 - Daily cream moisturizer
 - Avoid sun exposure. If exposed, use sunscreen SPF 30.

- **After 4-6- Weeks**
 - The collagen deep in the skin begins to remodel and further tightening occurs