



UTAH FACIAL PLASTICS  
Surgery • Med Spa • Hair Restoration

## Laser Resurfacing Aftercare Soaking Instructions

Your procedure has removed your skin's protective barrier. The delicate tissue needs protection and help with healing. For the best results follow these post procedure instructions. If there are questions or concerns in the days or weeks following the procedure, please call our office at 801-776-2220.

### Things to Have Ready Prior to Procedure

- Prescriptions
- Cleaning Supplies
- NEW Aquaphor
- One-gallon Distilled water
- White distilled vinegar (1 cup vinegar to 1 gallon)
- Clean washcloths, paper towels or gauze

### Prior to Procedure

Take your medications as prescribed.

Start Antibiotics and Valtrex

Take provided Valium 30 mins prior to procedure and bring remaining tablet (In Office ONLY)

If instructed to numb topically apply to ALL treatment areas 1 hour prior to appointment.

### Post Procedure Care

- Immediately following your procedure- A layer of Aquaphor and a cooling mask will have been applied, once home remove the mask, wash your face and apply a fresh coat of Aquaphor.
- On the day of your procedure the primary goal of aftercare is to keep skin coated with Aquaphor and rest. Vinegar soaks may be started today but are not mandatory until POD #1.
- Sleep with your head elevated to help reduce swelling, especially if treatment is focused around the eye area.
- Your skin will be VERY sensitive and warm to the touch. Fresh Aquaphor will ease discomfort and pain medications are available if needed.
- Continue your medications as prescribed.

### Day 1-14 Aftercare

Continue to take medications as indicated. Attend ALL post op appointments in the office as scheduled.

Vinegar Soaks and cleansing your skin as instructed.

\*\*\*Always wash your hands prior to starting soaks. Soak the treated skin using a mixture of water and vinegar (2tbsp of white distilled vinegar per 8 oz water), for 15 minutes. Wipe off white, yellow, and gray drainage. Apply a fresh coat of Aquaphor after each cleaning.

Do not let skin dry out. Reapply clean Aquaphor to treated area (Aquaphor should be kept on skin at all times, except when cleaning).

Your skin will still be VERY sun sensitive and should be covered if you go outside.

### **Day 2-5 following treatment**

\*\*The greatest amount of peeling tends to occur between days 3 through 5. DO NOT PICK YOUR SKIN! Some pinpoint bleeding may occur at this point due to the peeling. This is normal and should cause no concerns. Reapply Aquaphor liberally for moisture, and to ease the dryness due to the peeling. Continue soaks and gentle debridement.

### **Day 6-14 following treatment**

Be sure to finish all medications as prescribed.

You will have a follow-up appointment with your provider and aesthetician to discuss proper long-term post procedure skincare.

Continue skincare as instructed.

Apply a generous amount of a high-quality moisturizer morning and evening, if severe dryness continues Aquaphor as needed.

Gentle Mineral makeup or your own established cosmetics may resume after day 14 or when peeling is done.

Your skin will be VERY sensitive. If you do go outside, you should wear a high-quality Physical sunscreen as well as a wide brimmed hat. To protect the investment, you made in your skin, we strongly recommend continued skincare.

### **Continued Care**

Your skin will continue to grow new collagen and become more elastic because of the treatment for up to one year. Patients continue to notice improvement in skin quality months after treatment.

The year after treatment is the most important time to provide your skin with the necessary building blocks for this transformation: Skincare routines are important for long term results: retinols, nutrients, growth factors, moisture and high-quality SPF protection.

Please make regular visits with your esthetician to discuss the ongoing care for your skin and protection of your investment.

***Please call us if you have any questions about your aftercare at (801) 776-2220. If you need to reach us after normal clinic hours, please reach out to your provider via the after-hours hotline at (801) 299-7660.***

### **CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING**

Fever of 101-degree F or greater

Pain not relieved with pain medication or increasing in intensity.

Swelling, redness, bleeding and or foul drainage from an incision site

Persistent nausea and/or vomiting

Increased burning or itching