

Fractional Laser Resurfacing: Post-Treatment Instructions

1. There are three essential elements to the wound care: *icing*, *moisturizing* the skin, and *soaking* the skin with a dilute vinegar mixture. During different phases of the healing process, you will vary which of these three elements you are doing.
2. **Ice:**
 - a. Immediately after the procedure, apply ice/gel packs/ or frozen vegetable packs for 10 minutes on, 10 minutes off, for 4 hours, or for the remainder of the day. This will decrease any burning sensation in the skin, and minimize swelling over the next few days. As the skin calms down over several hours, decrease the frequency of icing to 10 minutes out of every 30 minutes. Do not over ice the skin which could give the skin "freezer burn".
 - b. Over the next few days, ice the skin intermittently as needed.
3. **Soaks:**
 - a. Prepare the dilute vinegar soaks by taking one cup of water and adding 1 tablespoon of white vinegar. Cold water feels good for the first day or so, and then room temperature water is fine. Wash face with Gentle Cleanser. Then, place a soft towel in the vinegar mixture. Wring out the towel; keep it moist. Recline, and place the wet towel on the face. Lightly press it to the skin, so it touches all of the surface of the skin. Let the towel dry for five minutes, then place it back in the mixture, and repeat the process 3 times, over 15 minutes. Then cleanse the skin again, and apply a thin coat of Resurfix. Resurfix only should be applied to the skin for the first 2-4 days. Again, the soak process is: cleanse, soak, cleanse, apply Resurfix.
 - b. Dilute vinegar soaks should be started the first evening of the procedure, and can be done (during waking hours), every 3-4 hours. Their purpose is to help remove the dead skin cells so the skin heals more quickly.
4. **Moisturizer:**
 - a. Resurfix Healing Ointment should be applied after every dilute vinegar soak. In between soaks, if the skin feels dry and tight, apply another thin film of Resurfix Healing Ointment.
 - b. As you progress and do fewer soaks, apply the Resurfix more frequently in between soaks to keep the skin moisturized. If you find the ointment too greasy after 3-4 days of use then you can move to a cream base moisturizer. Cream based moisturizers can be either ELTA MD AM Therapy, ELTA PM Therapy (available for purchase at office) or other "approved" moisturizer.
 - c. Apply the cream multiple times during the day and night to keep the skin moist. If these products irritate or sting the skin, go back to Resurfix Healing Ointment only, and re-try that product again in a few days.
 - d. Biocream, which heals and stimulates collagen growth, is another post procedure skin care option.
5. *Continue the wound care until your first follow-up appointment.*
6. Do not go out in the sun for several weeks before and after the treatments.
7. If you have any questions about how your skin is healing, *please call our office at (860) 245-0000.*