

Coastal Dermatology, P.C.
55 Willow Street
Mystic, CT 06355

Daniella Duke, M.D.
(860) 245-0000
www.coastaldermatology.com

Laser Treatment: Post-Treatment Skin Care Instructions
(Diamond Tome followed by a Laser Revlite Peel)

The treatment site will be sensitive during the initial 2-5 days healing phase, and must be treated with care. Generally a series of treatments is recommended to achieve your desired results.

Skin Care Instructions following your procedure:

1. Post Peel Recovery Cream was applied to your skin following your procedure
2. Apply Post Peel Recovery Cream to the treatment site(s) 2-3 times per day.
3. Use a Gentle Cleanser AM and PM to avoid irritating the treatment site with a harsh cleanser.
4. You can use your anti-aging skin care products and make-up following this procedure. If any of these specialty creams sting or burn, avoid using them for several days, and then re-try.
5. Any discomfort you feel (usually not lasting more than 6 hours) should be relieved with acetaminophen (Tylenol).
6. Do not tan the area treated. Use a sunscreen with an SPF 30 or greater throughout the course of treatment.
7. Avoid swimming and contact sports while the skin is healing. The skin is a little sensitive for 24-48 hours following the procedure: avoid direct heat and sunlight on the treatment sites.
8. Everyone heals differently, depending on your particular condition, the type of laser you were treated with, and the way your skin reacts to the laser(s). If you develop any blisters, crusts, prolonged swelling, pain in the area treated, or if you are concerned at all about your healing process, then you should call our office at (860) 245-0000 in order to get further instructions.