



**Lowe Plastic Surgery (LPS)**

## **POST CARE: Harmony Combination Skin Resurfacing & Photo Facial**

Meticulous wound care is crucial after skin resurfacing; below are our recommendations for after treatment care. It is important to keep skin moist and discontinue use of all products containing alcohol or active ingredients.

### **DAYS 1 – 2**

You will be experiencing redness similar to a sunburn or windburn. Your skin will sting similar to a harsh windburn. Your color may appear blotchy as areas where severely damaged skin will appear much more red and could even be puffy or swollen.

- Immediately after treatment, apply wound-healing product such as **Aquaphor Healing Ointment**, Aloe Vera gel, or other prescribed product to treated area and continue use for 2 days after treatment as needed.
- Avoid aerobic activities 24 hours following each treatment.
- During Days 1 – 2, cleans with only cool tap water and pat dry. Do not use cleaner of any type.
- Keep skin moist with a combination of the wound-healing product and cool water. Avoid hot water for 48 hours. Water may be gently sprayed or applied with a damp cool compress. Only use suggested products during these 2 days.
- Discontinue use of any “active ingredient” products during the course of your treatments. These include Retin A or retinol products, Obagi, anti-aging creams, exfoliants, etc.
- Avoid being around harsh chemicals that may cause stinging (peroxide/hair color, alcohol, raw onions, raw hot peppers). If you come in contact with chemicals, wash hands, then rinse face with cool water for relief and re-apply wound healing product. Do not scrub your skin.
- Although not typical, you could experience some prolonged redness, crusting or flaking. You may use ice or a cool, wet cloth if needed after treatment to cool the skin. Ibuprofen or Tylenol may be used for discomfort.
- Puffiness and swelling are common reactions to combination treatments and should improve within several days. If either should continue, we can prescribe an oral anti-inflammatory to speed up the healing process.

### **DAYS 3 – 6**

The redness and blotchy appearance of the most severely damaged areas will start subsiding. Your skin may appear more taut and shiny than usually. Although your skin looks fine, it is important to remember that you still have open wounds and must follow the treatment regime. Your skin will feel “crusty” and dry as the healing progresses.

- You may begin using a gentle cleanser in the morning and at night if you feel you need it. Do not rub skin, barely touch the skin and rinse thoroughly with cool or lukewarm water.
- Continue to keep skin moist with water and bland emollient ointments. You may soak skin in cool water or lightly spray cool water on the skin. You may also use a bland emollient ointment followed by a cool compress (damp wash cloth soaked in cool water). You may also mix a couple of drops of pure Vitamin E oil (no alcohol) with the ointment prior to applying on skin. This will add to the moisturizing effect. Popular ointments include Avene Gel Tolerant Kit (Genesis Pharmaceuticals) and Catrix®-10 (Lescarden) and Aquaphor® Healing Ointment (Beiersdorf AG), you may also use pure Jojoba oil (no alcohol) instead of the ointment. The frequency of soaks and ointment application decreases as healing progresses and is tapered off by days 5 or 6.
- Moisturizer and make-up may be applied after washing, if wound is fully healed and crusty skin resolved.

### **DAYS 7 -10**

Your skin is now in the final stages of healing and will feel quite “crusty.” Care must be taken to avoid damage to the new skin that is less than one week old.

- Continue using a gentle cleanser with a gentle technique.
- Replace the ointment used on Days 3 – 6 with a gentle moisturizer / sunblock during the day. Continue using the ointment or oil at night for extra moisture.
- Continue keeping the skin moist with water and moisturizer.
- You may use a light exfoliant or mechanically remove “crusty” skin with wet gauze for a smooth surface.

### **GENERAL INFORMATION**

- Treatments are performed every 1 to 2 weeks to ensure proper healing between treatments. More conservative treatments can be performed on a weekly basis, whereas more aggressive treatments may require a 2-week interval.
- If any product that you apply, or chemical that you come in contact with burns or stings, rinse off immediately with cool water. Discontinue use of the product.
- Avoid sun exposure before and after treatments as you will be more prone to sunburn.
- Stay out of the sun! If planning to be in the sun, wear a broad-brimmed hat in addition to your sunscreen. ALWAYS use a sunscreen with an SPF of 30 or higher and reapply every 1-2 hours of exposure time. This includes running outside, gardening, hiking, fishing, bicycling, etc.
- Stringent use of recommended sunscreen on treated areas is strongly advised for all patients, 365 days per year.
- If you have any questions or adverse effect, call your physician immediately. (405) 942-4300