



Lowe Plastic Surgery (LPS)

## Post Care: Harmony Laser Stretch Mark Treatment

- Most stretch marks treated with a laser will require multiple treatments and sometimes multiple lasers spaced a month apart for the best results.
- 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.
- Keep the area moist with Vaseline or Aquaphor Healing Ointment to treated area until inflammation resolves and area is healed.
- Wash treated areas with a gentle cleanser. **NO** exfoliants for 48 hours! Wash with **cool** water – avoid hot water for 48 hours post treatment. **DO NOT** scrub your skin!!
- Moisturizer and make-up may be applied after washing, when inflammation has subsided in about 48 hour.
- Stay out of the sun for at least 4 weeks! 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.
- After the treated area heals start scar treatment as recommended. We usually recommend Mederma or Prosil (silicone paste), silicone gel, or silicone sheeting at 10 days post treatment. Strict use of scar products on treated areas is **strongly advised** for all patients at least for 3-4 months post treatment and in between treatments.
- Keep clothing from rubbing the treated area and avoid other irritation on the area. We usually do not cover the scar after treatment, but soft cotton or T-Shirt over the area is usually more comfortable.
- Avoid aerobic activities 24 hours following each treatment.
- Puffiness and swelling are common reactions to treatments and should subside within 3 days. If either should continue beyond 3 days, we can prescribe an anti-inflammatory medication to speed up the healing process.
- Resume your recommended skin care program in the area after the inflammation fully subsides following treatment.
- Notify us should you have prolonged redness, excessive puffiness, or signs of infection.

If you have any questions or concerns regarding your treatment,  
Do not hesitate to call us at 942-4300