

Cosmetic Wound Care Instructions

What to Expect :

- **Swelling** - will peak at day 1-4 and then gradually subside over the next few weeks. Keep your head elevated by using two or more pillows when laying down. You may use CLEAN ice/cold pack or frozen veggies while awake for 20 minutes on, then 20 minutes off for swelling and discomfort. This will help decrease swelling significantly during the first 48-72 hours.
 - **Exfoliation** - you will peel for the first 7-10 days, this is normal. **DO NOT** Pick or Peel. Let the skin naturally fall off. The exfoliation process may cause skin to become itchy. Benadryl can be used to help alleviate itching if needed. Keeping the area moisturized with **Vaseline® or Aquaphor®** will also help.
 - **Redness** - Expect redness for the first 2 weeks. You will continue to be pink for at least a month. You can use makeup once exfoliation process is complete and at least 2 days after any facial sutures are removed (If present)
 - **Sun Protection** - Avoid sun exposure during the first few weeks following the procedure. Sunscreen with an SPF of 30 or more should be used to any transient exposure. If possible, cover treated areas with clothing or use a brimmed hat to reduce sun exposure.
 - **Activity** - Following your laser treatment, normal activities may resume per level of comfort. However, no swimming or using hot tubes while redness is present.
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Wound Care Instructions: ** Follow the steps below twice a day**

Day 0 - Day of treatment: Rest and Hydrate - No treatment necessary

Day 1-7 - Exfoliation Period: (twice per day)

1. Wash hands thoroughly; your skin is very prone to infection.
2. Gently cleanse your face with a gentle facial cleanser. **DO NOT** scrub or pick at treated area.
3. Use a white vinegar soak or spray
 - a. Mix 1 TBSP of white distilled vinegar with 2 cups of water and keep refrigerated
 - i. If using a soak, wet a clean cloth in solution and place on treated area for 5-10 minutes
 - ii. If using the spray, put the solution in a spray bottle and mist the entire treated area. Let solution soak into skin. Be cautious around the eyes.
4. Apply healing ointment to all treated areas. Reapply during the day if healing areas start drying out.

Day 8-30 – Healing Period (twice per day)

1. Use Clean hands
2. Gently cleanse your face with a gentle facial cleanser.
3. Continue using Healing Ointment for at least another week. May switch to a gentle, lighter moisturizer Day 14-30 if desired.
4. Apply Sunscreen SPF of at least 50 when in direct or indirect sunlight.

After 4-6 weeks, you can return to normal skin care regimen. SKIN MAY BE MORE SENSITIVE THAN NORMAL, so use caution when starting products with active ingredients such as salicylic acid, retinol, glycolic acid, etc.

Pain Management

- Use **acetaminophen (Tylenol)** and **ibuprofen (Advil)** unless contraindicated.
- **Within 1 hour of getting home**, take:
 - Acetaminophen 500 mg (1–2 tablets) **AND** Ibuprofen 600 mg
- Then alternate every 3–4 hours:
 - Ibuprofen 200–600 mg
 - Acetaminophen 500–1,000 mg
- Do **not exceed** 4,000 mg of acetaminophen in 24 hours.
- Stay well-hydrated while taking ibuprofen.
- Usually only needed for the first 48 hours.

For any unexpected reactions or concerns, please do not

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 Dr. Boothman (after hours): **(509) 903-5327**

 If unreachable, go to the nearest ER.