



TRL RESURFACING LASER INSTRUCTIONS

Pre-treatment:

- Use a daily physical sunscreen and avoid sun exposure, spray tan, and self-tanner at least 2 weeks prior to treatment.
- Stop using retinol, tretinoin and AHA's in treatment area for 1 week prior to treatment.
- If you are prone to cold sores around your mouth, take any needed preventative medications.
- Let us know if you have ever taken Accutane.

Post-treatment - Days 1-5:

- For the first 1 to 2 days after treatment, your skin may look red, irritated, and swollen. It may feel similar to a sunburn. The degree of redness and length of healing time will increase with the depth of your treatment. Oozing or seeping of clear serous fluid (light pink) may occur. This can last for 24-72 hours depending on the treatment depth. This is part of the healing process and is a normal reaction. During this time, keeping the treated area clean is important. Use a freshly laundered pillowcase and avoid touching the skin as much as possible.
- Use a gentle cleanser (cleanse gently with fingers, do not rub or scrub with a washcloth) and then apply Aquaphor twice per day. It's ok if the Aquaphor mixes with any oozing fluid. Reapply the Aquaphor with clean hands as needed. Do not allow the treated area to dry out. Do not force off any peeling skin as this could result in scarring or infection. Healing occurs more rapidly if the skin surface is kept moist and protected. Continue to apply the occlusive barrier until swelling and oozing have subsided and skin is intact.
- Sleeping with head elevated and using a clean, cold compress can help with swelling and discomfort. Tylenol may be taken for pain; Benadryl may be taken for itching, but may cause drowsiness.
- Avoid strenuous exercise until oozing and swelling have resolved and skin is intact.
- When showering, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.

Post-treatment - After skin is intact:

- Sunscreen and makeup may be applied once skin is completely healed. Please keep in mind that skin will be extra sensitive to sun exposure for the next few months. Avoid sun exposure and/or tanning beds as exposure to UV rays may cause hyperpigmentation in the weeks and months following your treatment.
- Use a daily physical sunscreen.

- Avoid using retinol, tretinoin and AHA's for 2 weeks after the treatment.
- Contact our office in the event of a fever over 101.5 F, pus-like drainage, localized warmth and tenderness, or for any concerns.