Post-Operative Care for Fractional Laser Resurfacing

Achieving the best result from your laser treatment depends to a large extent on the postoperative care of the treated area. Healing of your skin is enhanced if you prevent the treated area from drying out. The goal is to keep the area lubricated with healing ointment (Vaseline, Aquaphor, or Crisco).

- Apply a generous amount of healing ointment (Vaseline, Aquaphor, or Crisco). Re-apply as necessary to avoid drying. **All wound care supplies** (saline, Vaseline ointment, wooden applicators, and gauze) **will be provided** for you on the day of the procedure.

- For comfort and soothing of your skin on the first day, periodically soak the treated area with cold saline (keep in the refrigerator) using gauze or a clean washcloth (it may help to lie down face up for this portion).

- You may wash your face with soap the day after the procedure.

- Once the area is completely pink and clean and no longer raw (usually 5-7 days), stop the Vaseline and keep skin well moisturized with lotion (such as Lubriderm, Elta lite, or Cetaphil). Make-up may be applied at this time to conceal the redness. The degree and duration of pinkness varies from person to person.

- It is extremely important to **absolutely avoid all sun exposure to the face**. Sun blocks should be worn with SPF of 30 or higher.

- Your skin will be sensitive and may tingle or itch for several days after laser resurfacing. Keep your skin well moisturized and use hydrocortisone 1% cream once or twice a day if the itching is bothersome.

If you have any questions or concerns, please contact our office Monday-Friday 7:30-6:00pm at 425.450.0880. After office hours you may call Dr. Naficy on his mobile phone.