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Laser Acne Scar Removal Instructions: POST TREATMENT

Post Laser Recovery Kit:

1. Aquaphor: Your first layer will be applied by the practitioner immediately after your procedure has been completed. The Aquaphor should be used gently, but applied generously every 2-3 hours (while awake) for the first 24-48 hours after your treatment. The ointment helps to minimize crusting while building a protective barrier as your skin is healing. Do not allow treated areas to become too dry or crusted.
2. Gentle Recovery Hydrator: After the first 24-48 hours after your treatment, stop using the Aquaphor and begin using the Hydrator. Re-apply the Hydrator every 4-6 hours (while awake) or as necessary to prevent the treated areas from becoming dry or crusted. You will want to continue to use this product for the week following your treatment.
3. Fortified Green Tea Cleanser: Do not wash your face the night of your treatment; you will wash your face the morning after your treatment. This gentle cleanser should be used morning, noon, and night. **Make sure you wash your hands with soap and water before touching your face.** You will want to continue using this cleansing regime for the week following your treatment.
4. Oil Free Non-Paba Sunscreen: Starting on the fourth day post treatment sunscreen should be applied directly over the Hydrator. Do not go into direct sunlight without sunscreen until redness has resolved.

When at home:

1. Apply cool compresses as needed (cold towels, ice packs, or frozen peas).
2. Follow the above skin care kit instructions.
3. When washing your face remember to use cool or lukewarm water only. **DO NOT** scrub your face.
4. Avoid picking or scratching skin. Treated skin should start to flake/peel in 3-5 days after treatment.
5. You may take oral Benadryl for itchiness, and Ibuprofen or Tylenol for discomfort.
6. Avoid sun exposure for the first week after your treatment, and then avoid prolonged exposure for the next 4 weeks after your treatment.
7. You may start wearing make-up once your face has completely healed, avoid liquid concealer. A light powder such as mineral make-up is recommended.

IF DIRECTED, YOU MUST USE THE BLEACHING CREAM STARTING 1 WEEK AFTER YOUR TREATMENT AND CONTINUE FOR 2 WEEKS.