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Post NonAblative Laser Care Instructions

Congratulations on completing your 1540nm laser resurfacing treatment!

Use **Cetaphil, Cerave, or MehrabiMD soap less cleanser** and water to rinse your face gently for 10 to 30 seconds, twice a day with lukewarm water. Pat your face dry. **Do not rub!**

Apply your moisturizer every day. If any crusting or scabbing occurs, use one of the antibiotic ointments (Bactroban or Polysporin) or as suggested by the doctor.

Avoid exposure to the sun. You may begin to use sunscreen 1 week after the laser treatment. If you must be out in the sun (i.e. for a walk), do this early in the morning or in the evening when the sun is less intense. Wear a wide-brimmed hat.

After the laser treatment, **you must wear sunscreen SPF 30 or higher. Also, continue your bleaching cream twice daily for at least 2-4 weeks after the laser treatment.** Cosmetics may be used 1 week after the laser procedure. We generally recommend **non-comedogenic** makeup brands such as Clinique, Neutrogena, or Avene. If you have any unexpected irritation or possible infection, call the office immediately. This is especially important if you are developing a cold sore or if crusted yellowish areas appear on your face.

SUMMARY

1. You will continue to wash your face twice daily with the appropriate cleanser or lukewarm water.
2. After the laser treatment, wear sunscreen daily and continue your bleaching cream for 2-4 weeks.
3. Do not use any other creams or ointments (such as bleaching creams, Retin-A, or glycolic acid) until the doctor instructs you to do so when you return for your one week follow-up appointment.

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