

**Resurfacing Expectations and Post-Operative Care:**

- Patient response can vary, however redness, pinpoint bleeding, oozing, and swelling are the expected responses. The degree and length of time of these reactions depends on the depth of your treatment. Peeling, open and weeping skin can persist from 1-10 days, while redness can last 1-12 weeks depending on the depth of your treatment. Swelling is typically a short term response, use of a cold compress and sleeping upright on your back with a few pillows or in a lounge chair is recommended.
- If an anti-biotic or anti-viral was prescribed continue taking as directed.
- Remain indoors and avoid sunlight until the skin has healed and for 3 months post treatment wear a wide brim hat and zinc oxide sunscreen to get the best results and avoid complications.
- If you have discomfort or warmth, apply ice packs, cold compresses, a cool water spray mist, or fan to treated areas. Oral pain relievers such as Tylenol or prescribed pain medication may be taken for deeper treatments.
- When taking a shower, try to avoid getting shampoo directly on the treated area and consider taking a shower with the back of your head to the water to avoid directly hitting your face with the full force stream of water.
- Avoid strenuous exercise and sweating until the skin has healed.
- Oral Benadryl may help itching but can be sedating which is good for evening use at bedtime, Allegra or Fexofenadine is a non-sedating option for daytime.
- Oozing of clear serous fluid (may be light pink or clear yellow) can last for 48-72 hours depending on treatment depth. This oozing can be dabbed with clean gauze, however be careful not to rub or scrub the area.
- On the 2nd or 3rd day you may carefully cleanse the skin with lukewarm water and the Siperstein Gentle Cleanser provided to you with your treatment. It is normal for the skin to flake off around day 3-5, but do NOT try to remove the flakes prematurely as that can cause a scar or long term redness so be very careful.
- Continually apply an occlusive barrier (Aquaphor, Vaniply, Vaseline) multiple times a day to keep skin always moist while healing as it is important not let the area dry out while healing. For Light Revitalizing treatments this may be only 1-3 days, for Medium Rejuvenating treatments, this will be approximately 3-5 days, and for the Deep Full Resurfacing Treatment it will be 7-10 days.
- Once your skin has healed (no longer open skin in which you need the occlusive barriers such as Vaniply) you may begin to wear makeup. We recommend Oxygenetics which is available in our office for purchase as this is safe to use post-procedure and can be also be used every day as a foundation. A Zinc Oxide sunblock in your post-procedure kit needs to be worn every day to prevent darkening of the treated skin and other complications.

WARNING – If you are experiencing excessive swelling or any signs of infection such as yellow green drainage or pus, increasing pain and warmth after the 2nd day, fever over 100, or extreme itching please contact our office immediately at 561-364-7774(Boynton) or 561-955-8885(Boca)