

Helix Cool Peel/Fractional Laser Resurfacing

Med - Deep Post-Care Instructions

Your provider will indicate which products and medications to use.

PRODUCTS:

- ☐ Gentle Skin Cleanser
- ☐ Vaseline or EltaMD Laser Balm
- ☐ Moisturizing Cream
- ☐ Mineral Sunscreen
- ☐ Hydrinity Kit
- ☐ Gauze and Gloves

MEDICATIONS:

- ☐ Antibiotic (Doxycycline/Cephalexin)
- ☐ Antiviral (Acyclovir/Valacyclovir)
- ☐ Anti-fungal (Fluconazole)
- ☐ Pain medicine (Journavx/Tylenol)
- ☐ Anti-histamine (Zyrtec/Benadryl)
- ☐ Anti-inflammatory (Prednisone/Triamcinolone)

POST TREATMENT:

TEXT SELFIES TO 561-861-3355 DAILY FOR 1 WEEK (INCLUDE YOUR NAME & DOB)

YOU WILL HAVE A FOLLOW UP APPT WITH YOUR PROVIDER DAY 7 - 10

Immediately following your procedure, your provider may apply **exosomes and/or a thin layer of Vaseline** to the treated area. If applied in the office, leave the product on overnight as directed.

If ointment was **not applied before you left the office**, wait until the burning or heat sensation has subsided. Then, using a clean glove, gently apply a thin layer of **EltaMD ointment or Vaseline** to the treated area.

Reapply ointment before bed. This will help soothe the skin and support the healing process. The ointments can be stored in the refrigerator for an additional cooling effect.

SLEEP UPRIGHT for the first 1-2 nights to help reduce swelling. We recommend using an old or dark-colored pillowcase, as ointment, bleeding or oozing from the treated skin may cause permanent staining.

● **CLEANSING:** The first time you wash your face will be THE MORNING AFTER the procedure.

AM & PM Routine

1. **Gentle face wash** (Cerave, Vanicream, Elta etc). Cleanse very gently - do not scrub or rub the treated area. On day 1, it is normal and recommended for a thin layer of ointment to remain on the treated area. (A few samples will be given, additional can be purchased over the counter)
2. **Hypochlorous acid** Spray (Hylacyn/Puracyn/Clinisept) is an antibacterial spray that you can apply as often as you would like and is recommended after washing and at least a few times a day.
3. **Vinegar soaks** to cool the skin, assist with crusting & decrease the risk of infection: After 24 hours, white vinegar soaks are recommended a few times a day. Take 1 Tbsp of distilled white vinegar to 2 cups of cold water, moisten gauze with the solution and apply to the skin. Leave on for 15 minutes. Store in the refrigerator.
4. **Apply Vaseline or Elta MD Ointment.** Reapply throughout the day, as needed to always keep skin moist.
5. **On day 3-10** (depending on when skin heals and dry skin/sandpaper texture begins) switch from using the ointment to the **face cream** (Hydrinity HA serum, Neova Recovery Lotion, Intensive Recovery Cream, etc.) The specific product will be recommended by your provider according to your skin type.

NO sun exposure for the first 5 days. Once the skin is healed, you will need sunscreen and a hat.
You can start sunscreen once the skin has healed (usually Day 5). MINERAL sunscreen such as zinc oxide is recommended and can be purchased at Siperstein Dermatology.

WHAT TO EXPECT:

- Swelling may worsen for the first 24–72 hours, especially around the eyes, and may be worse in the morning.
- Take all medications as directed and complete the prescribed course
- For Fusion: swelling, redness, and a sunburn sensation should be expected for 5–7 days.
- A sandpaper like texture and red to brown micro spots under the skin around Day 3–7.
- Once healed, use broad-spectrum SPF 30–50+ daily, preferably mineral (zinc oxide), along with hats/physical sun protection. Continue strict sun protection for several weeks to months to reduce the risk of pigmentation changes.
- For aggressive fractional and deep full resurfacing treatments, pinpoint bleeding, clear weeping and oozing will be present for a few days.
- Contact the office immediately for increasing pain, worsening/spreading redness or warmth, pus or yellow-green drainage (clear yellow oozing can be normal), blisters/clustered vesicles, pustules, bumps or fever.
- For treatment around the eyes, contact us immediately for eye pain, significant light sensitivity, vision changes, difficulty opening the eye, or severe/asymmetric swelling.
- Itching is common and expected during the healing process. To help with expected mild discomfort and moderate itching, add additional moisturizer. You can take Allegra or Benadryl as needed for itching. Your practitioner may add hydrocortisone ointment to your care package which you may start once the skin is healed twice a day as needed for itching (Day 4 for fractionated lasers).

THINGS TO AVOID:

- Exercise, sweating, excessive heat, saunas, hot tubs, etc. for 10 days.
- Do not pick, peel, scratch, or remove crusting or flaking skin
- Until the skin is fully healed (no open, weeping, or crusted areas), avoid makeup, strenuous exercise/sweating, excessive heat, saunas, steam rooms, and hot tubs.
- Avoid the use of scrubs or exfoliants for 10 days.
- Minimize exposure to pets and objects that may contain pet dander.
- Avoid sun exposure to reduce risk of hyperpigmentation
- Avoid touching the treated area while the skin is healing. To decrease risk of infection, wash hands frequently with soap and water.
- Do not start harsh topicals such as retinoids for 4 weeks (Tretinoin, Retin-A, Hydroquinone, Vit C)

Notes:
