

LASER PROCEDURE



Post-Care Expectations:

- Tightness or redness may occur. This is a normal appearance.
- Milia, which are small white bumps, may appear in laser-treated areas during healing. These may be removed by gentle cleansing with a washcloth.
- You should expect swelling after laser skin resurfacing. Oral steroids can be prescribed to manage swelling around the eyes or you could take oral Benadryl or another antihistamine.
- Scarring after laser skin resurfacing, although very rare, may occur in areas. This usually resolves with time.

Post-Care Instructions:

- DO NOT go into direct sunlight without sun block (SPF 30 or higher) unless all redness has resolved. You also must use a physical block (such as a hat, scarf, sunglasses, etc.)
- DO NOT use any products containing Retin-A, Retinol, or Alpha Hydroxy Acids for 6 weeks after laser resurfacing.
- DO NOT participate in any strenuous exercise for 72 hours following your treatment.
- For the first three (3) days keep the area moisturized with our copper complex. Do not allow the area to become dry or crusted. Pinpoint bleeding will resolve within 24 hours. To stop pinpoint bleeding from oozing apply light pressure to the area with gauze or cotton.
- The day after your treatment you may wash with our mild, gentle soap-free cleanser or Cetaphil and keep area moisturized with copper. Re-apply as needed. DO NOT ALLOW THE AREA TO BECOME DRY OR CRUSTED. Wet skin heals faster than dry skin.
- Patients are encouraged to sleep elevated on an extra pillow at night to help reduce swelling.
- Cessation of smoking is highly recommended because smoking is known to have harmful effects on the healing process.
- You may take Ibuprofen or Tylenol for discomfort.
- If you experience any itching you may take oral Benadryl that you can purchase over the counter.
- Notify PuraVida staff if you experience any unusual redness or swelling.



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