



SKIN RESURFACING and SCAR AND STRETCH MARK POST-TREATMENT GUIDELINES

- Application of cool gel packs and appropriate topical creams immediately following treatment can help alleviate post treatment itchiness and stinging that may occur.
- Swelling, and sometimes blanching, is expected immediately post-treatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some cases.
- Those being treated may experience significant redness, broken capillaries and bronzing in the treatment area for approximately 1-3 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.
- Following a more aggressive treatment, it may be helpful to use some occlusive ointment on the skin after treatment during the healing process to help minimize moisture loss.
- To help remove debris and bronzing of skin that can appear 1-4 days after treatment, soak treated areas for 5-15 minutes with gauze or wash cloth wet with water, then gently remove debris. Do not pick at or scrub the treated areas.
- Gentle cleansing and use of non-irritating cosmetics are permitted after treatment. It is suggested that retinoids be discontinued 1-2 weeks prior to the initial treatment and throughout the course of treatment. The use of retinoids during the treatment course may result in undesirable side effects and prolonged healing.
- Those prone to acne outbreaks should avoid heavy make up or moisturizers for 24 hours after treatment.
- After treatment for stretch marks, it is recommended to avoid tight-fitting clothes around the treated areas for three (3) months after the last laser treatment.
- As healing occurs, it's best to avoid injury and sun exposure for at least two weeks following treatments. It is highly recommended that clients use a sunscreen with SPF 45 or higher containing UVA/UVB protection between treatments, along with a sun blocker such as zinc oxide or titanium dioxide.
- Those being treated should continue to use SPF 45 or higher up to 6 months following final treatment whenever they are outside.
- Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.

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