

## **Post-procedure Instructions for Laser Resurfacing Profractional and MicroLaserPeel**

1. Don't go into direct sunlight without sunscreen (SPF 30 or higher) until redness resolves. Physical blockers such as hats, scarves and sunglasses are also recommended.
2. Don't use retin-A or fruit acids (AHA) for 1-2 weeks after treatment.
3. Don't participate in any strenuous exercise the night of the treatment.
4. For the first 48 hours keep the area moisturised with Vaseline, QV or equivalent.
5. The day after treatment, wash with a mild and gentle soap-free cleanser, followed by a moisturiser. Don't let the area dry out, scab or crust.
6. Sunscreen or make-up may be applied for camouflage.
7. Tightness or redness may occur. This is normal after treatment.
8. You may use Nurofen, Panadol or Panadeine for discomfort if you are tolerant to these painkillers.
9. You may need to take cold sore medications if you're prone to the condition.
10. Bleaching creams may be prescribed if you have darker skin.

### **Emergency contact numbers (after hours):**

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Dr Trish Lowe