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Post Laser Treatment Instructions

It is normal for your skin to feel tight and appear red and swollen the first 3 to 7 days. It will gradually begin to crack and may peel. Most patients experience a sunburn-like pain for the first 36 hours.

If prescribed, take the Medrol dose pack as instructed

Apply soaks every 2 hours while awake in the first 2-3 days and then as instructed by your physician. Soaks are made by combining 1 teaspoon white vinegar in 1 cup of warm water and soaking a paper towel or gauze in the solution. Pat this solution on the resurfaced skin. Do not rub unless otherwise instructed

Apply a thin coat of Aquaphor/Vaseline after each soak

Keep out of direct sun now and for 6-8 weeks after your treatment

Shower after 24 hours

Do not pick your skin

You may re-start your topical retinoid 2-3 weeks after the treatment

You will often see immediate improvement in the tone and texture of your skin; improvements will continue to be seen for 6 months following the treatment

Call the office immediately if you:

Experience severe pain

Have delayed healing (new skin not growing in)

Discharge from the skin, develop a cold sore or new bump on your face

Experience signs of allergy (itching, worsening swelling, worsening redness)

