

Tips to Minimize Redness After Laser Resurfacing

Please review and follow these post procedure instructions to help minimize redness following your laser resurfacing procedure.

1. **Follow Post-Care Instructions:** Adhere strictly to the aftercare instructions provided by your healthcare provider. This may include the use of specific ointments or creams.
2. **Cool Compresses:** Applying cool compresses to the treated area can help reduce redness and soothe irritation. Make sure not to use ice directly on the skin.
3. **Moisturize:** Keep the skin well-hydrated with a gentle, fragrance-free moisturizer. Proper moisturization aids the healing process and can help reduce redness.
4. **Avoid Sun Exposure:** Protect your skin from direct sunlight by staying indoors when possible. If you must go outside, apply a broad-spectrum sunscreen with at least SPF 30 and wear a wide-brimmed hat.
5. **Gentle Cleansing:** Use a mild, non-irritating cleanser to wash your face. Avoid scrubs or exfoliants until your skin has fully healed.
6. **Avoid Hot Water:** Use lukewarm water instead of hot water when washing your face to prevent further irritation.
7. **Limit Physical Activity:** Refrain from strenuous exercises that may cause sweating and increase blood flow to the face for a few days post-treatment.
8. **Avoid Harsh Products:** Steer clear of products containing alcohol or acids (like AHAs and BHAs) until your skin has healed.
9. **Consider Anti-Inflammatory Medications:** Consult your healthcare provider about using over-the-counter anti-inflammatory medications, such as ibuprofen, to help reduce swelling and redness. A short course of topical steroids may also be considered.
10. **Anti-Redness Products:** Weekly CO2 lift masks, (plated) exosome products, Omnilux red light therapy, VBEAM, or IPL laser treatments can be started after 5 days or when all crusting has resolved.
11. **Stay Hydrated:** Drink plenty of water to support your skin's healing process.
12. **Patience:** Understand that some redness is a natural part of the healing process. It should gradually subside over time.

If you experience any concerning symptoms, please call the office at 770-360-8881 or contact us via our messaging system by texting 678-673-3840.