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## **Post Care Instructions: Fractionated Pico Laser Treatment**

***To maximize the benefits and minimize the risk of complications associated with your laser procedures please read and follow these post-care instructions.***

**Following your laser treatment you may experience some swelling, bruising and crusting which may last anywhere from several days to several weeks.**

- Avoid direct sunlight for several weeks following your laser treatment and wear sunscreen containing a minimum of 7% zinc oxide. Our office recommends Hamilton DermaScience Emollient or Mattifying Sunscreen. Reapply every 2 hours when outdoors.
- Avoid picking, scratching, or rubbing the treated area.
- If prescribed, take any medication as directed.
- Mix 1 tbsp bleach to 6 cups cold water. Use wash cloth or soft rag to soak treated area for 10-15 minutes several times daily. May be performed as often as needed for irritation after 48 hours.
- No make-up for 48 hours after Pico fractionated laser treatment.

### **Wound Care Instructions:**

- Keep the area clean by washing twice daily with a mild cleanser such as Hamilton DermaScience Gentle Exfoliating Cleanser, Hamilton DermaScience Sensitive Skin Cleanser, Cerave, or Cetaphil.
- After cleansing, apply Alevecy Gel; follow with Hamilton DermaScience Intensive Moisture Boost or CeraVe Healing Ointment. The area does not need to be covered with a bandage.
- If your face was treated, keep your head elevated by sleeping on three or four pillows for two to three days to minimize swelling.
- Ice compresses applied during the first few days following treatment can help to reduce swelling. To prevent a cold injury to the skin, do not leave an ice compress in any one area for an extended period of time.
- Tylenol or Advil can be taken to relieve mild discomfort.

**If you have concerns about healing, or if the area becomes extra tender, continues to weep, you develop small, diffuse, white papules, or the drainage becomes thickened and/or yellowish please notify the office by calling 770.360.8881 or by text to 678-673-3840.**

For after hour emergencies regarding your procedure, please contact one of our providers on their personal lines:

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