Contour/TRL Deep Resurfacing Post Care

Patient response can vary after the Contour/TRL laser treatment. Erythema (redness) and edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth of your peel.

- Redness normally persists for 7-14 days depending upon the depth of the peel.
- Swelling is typically a short-term response lasting hours to several days. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12-24 hours after the treatment.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; (i.e. Cetaphil) beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply the occlusive barrier, (i.e. Aquaphor) taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. **Do not allow the treated area to dry out.**
- Your provider will let you know how long you will need to continue and occlusive barrier. After such time you may begin to transition to an approved medical grade moisturizer. Should your skin feel itchy, tight or still sensitive, you may continue the occlusive for another 24-48hrs before attempting to wean again.

- Peeling and flaking generally are expected post treatment and should be allowed to come off naturally.

DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION!

- Gently washing the skin more frequently will help to promote the peeling process.
- Avoid prolonged direct unprotected (without SPF or physical barrier) sunlight for up to 2 months post treatment.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any hyperpigmentation issues that could be caused by direct and indirect sunlight.
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.

Signature

Date

MM/DD/YYYY