



Patient response can vary after a TRL ablative laser treatment. Erythema (redness) and possibly edema (swelling) along with pinpoint oozing are potential responses within a few minutes after the completion of the procedure. The degree of redness, oozing, and healing time will vary with the depth of your treatment.

- Redness normally persists for 1-3 weeks depending upon the depth of the treatment. Deeper treatments may require several additional weeks for redness to subside.
- Oozing may be present for up to two weeks after the treatment.
- Mix a tablespoon of white vinegar with 1 cup of cold water. Place a clean, wet washcloth into a ziplock bag and refrigerate; periodically, apply a new clean cold compress to treatment area to help relieve swelling and/or provide comfort if the treated area is feeling especially warm or itchy.
- Swelling is typically a short-term response.
- If an antiviral, such as Valtrex, was prescribed to you, continue to take as directed.
- Beginning 4 hours after treatment, apply aquaphor as directed.
- Before going to bed the night of your treatment, ensure that the pillow case is clean and do not allow animals into your bed until skin has healed.
- Beginning the morning after the treatment, cleanse the skin twice a day with lukewarm water and a gentle cleanser. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth.
- After cleansing your face, reapply aquaphor (occlusive barrier) 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. Reapply the balm as needed. **Do not allow treated area to dry out.**
- Peeling and flaking generally begin about 1-2 weeks post treatment and should be allowed to come off naturally. DO NOT PICK, RUB, OR FORCE ANY SKIN OFF DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION! Gently washing the skin more frequently will help to promote the healing process.
- Avoid direct sunlight for up to 2 months post treatment.
- Once the skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. Once you are wearing makeup, a sunblock should be worn on a daily basis to help prevent any hyperpigmentation 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.
- Avoid strenuous exercise and sweating until after the skin has healed.

Warning:

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include: drainage--looks like pus, increased warmth at or around the treated area, and/or a fever of 101.5 degrees or higher.