



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.