

**VenoLase Laser Treatment Center
Palisades Professional Center
2 Medical Park Drive
West Nyack, New York 10994
845-358-8878**

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Board Certified Dermatologist

845-641-8661 (Cellular Dr. Epstein)

Post Op Laser Instructions:

*****Continue all of your regular medications unless otherwise instructed.**

1. What to expect immediately after your treatment:

You will experience a burning sensation on the skin that will last between 30 minutes and up to 3-4 hours following your treatment on the first day.

2. What do I do when I get home?

- a. Using your clean washcloths or 4X4 nonsterile gauze pads, begin your cold dilute vinegar soaks as soon as you arrive home and as often as needed to remove draining fluids. You should be doing these soaks at least four to five times a day for the first two days for ten to fifteen minutes per soaking session.
- b. Do not rub, scratch or pick at your skin.
- c. Immediately after soaking your face with the dilute vinegar, apply a thin layer of Aquafor to the treated skin. If the skin gets dry or scabs begin to appear you need to soak more often and apply more ointment. This will decrease the healing time and minimize discomfort such as itching. You may periodically spritz your face with Sterile Saline Spray. Do not let your skin get dry or let your face feel tight. Continue to apply Aquafor as often as necessary in order to keep your skin moist.
- d. Place a cold bag of peas or soft ice pack inside a clean plastic bag and apply to your face every two hours for 20 minutes to soothe any discomfort and to decrease swelling
- e. Continue taking **all** medications as directed by your physician.

- f. If necessary, you may take acetaminophen (Tylenol) as directed.
- g. After 48 hours, you may cleanse your skin twice a day using *Green Tea Cleanser*, Avoid hot water. **Do not scrub treated area.** h. If the skin around the mouth area feels dry use a straw to drink liquids.
- i. Do not put **ANY OTHER** creams, ointments or products of any kind on the treated areas until I discuss with you and indicate that it is okay to do so.
- j. Rest. Avoid strenuous exercise, bending, straining, stooping or lifting heavy objects for one week after procedure. These activities may cause more swelling and pain on your face and slow down your recovery.
- k. Sleep at a slightly elevated position using 2-3 pillows under your head & neck or sleep a few nights in a reclining chair.
- l. Avoid sun exposure for at least six months even on cloudy days. Remember UVA passes through clouds, house and car windows. A sunblock of SPF 30 or higher should be applied every day. Use a broad brimmed hat and sunglasses. Your skin is extremely vulnerable to the sun after having a laser treatment. Exposing your skin to sun after a laser procedure can darken the skin. Protecting your skin and limiting sun exposure ensures the best cosmetic results.
- m. Do not let your skin come in contact with detergents, fabric softeners or dryer sheets. Fabrics that have been treated with these products may irritate your skin.
- n. Following treatment, normal activities may resume depending on your level of comfort; however, no swimming or using hot tubs/whirlpools while redness is present, usually for at least 24-48 hours.
- o. Once you feel comfortable and healed, a normal skin care regime, including makeup or shaving, can be resumed. Be careful water is not too hot when shaving.
- p. Schedule an appointment following your procedure as soon as possible for a one-week checkup.

IMPORTANT

Call the office at 845-358-8878 immediately if problems of increased pain, fever, drainage of pus, signs of infection or bleeding occur. If you have trouble reaching me at the office, call my cell phone 845-641-8661. Keep calling every fifteen minutes until you reach me.