

## **Post Peel/Laser Care**

- Keep area well moisturized with Vaseline or Aquaphor. Apply at least three times a day until peeling or redness have resolved if any.
- Apply a thick layer of Vaseline or Aquaphor prior to bed.
- Use mild cleanser such as Cetaphil or Cerave for cleansing.
- Do not pick or peel skin after the procedure. Let the skin heal on its own.
- **Always use SPF 30 sunscreen!** You may experience some sun sensitivity after your procedure.
- Do not go to a tanning salon or spend prolonged periods of time in the sun.
- **Avoid Retin-A, Retinol, Glycolic Acid, Alphahydroxy Acid** and other related products for at least one week after your procedure.
- Sometimes pinkness and a tight feeling can occur and can last for 2 days.
- If you experience any increased swelling, pain, discomfort, signs of infection or discharge, please call the office immediately 201-644-0228. Do not hesitate to contact our office for any questions or concerns you might have.

### **FOR LASER PATIENTS:**

- You may have a tingling/stinging feeling for 1-4 hours post treatment.
- Sunspots may turn very dark or even blacken, these are both normal for post laser patients.