

## SKIN SERIOUSLY.

### Post Laser Instructions:

After laser treatment, treat your skin gently. Only hands should be used to wash the skin. No exfoliating products (scrubs, washcloths, Retin-A, Renova, Avage, Salicylic acid, Glycolic acid, or alpha or beta-hydroxy acid, or benzoyl peroxide products) should be used for three days afterwards.

Apply a gentle lotion to your skin immediately after the treatment, such as Cetaphil or DML. In the two weeks following the treatment, apply a sunscreen with an SPF of 30 or above, preferably containing either titanium dioxide or zinc oxide. Make up may be applied on top of this.

It is best to avoid sun exposure for 1 to 2 weeks after treatment. This will minimize the risk of dark discoloration after treatment. If you choose to go in the sun, apply a sunscreen with an SPF of 30 or above, preferably containing either titanium dioxide or zinc oxide. The redness you experience after the treatment should last no longer than 24 hours. If you have any pain or persistent redness, call the doctor.

During the first few hours after treatment, if you are uncomfortable, you may apply ice packs or take extra strength Tylenol every six hours. (Do not take more than 6 pills in one day). Ibuprofen (Advil, Motrin) is also helpful. You may take up to 4 200 mg pills every 8 hours. (Do not take more than 12 in 1 day). It is very unlikely that you will experience much discomfort from the procedure. Please call if the discomfort lasts more than 24 hours.

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Hours:  
Monday:  
12:00 pm - 7:00 pm  
Tuesday - Friday:  
8:00 am - 5:00 pm