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Post care for Sciton Laser Resurfacing

***Wash your hands thoroughly prior to touching the treated area.**

Day of procedure and Day 1:

Soak your face with clean wash cloth soaked in a bowl with 2 cups cold water and 1 tsp of plain white vinegar. Do this for 20 minutes then reapply the Vaseline.

Ice the treated areas as often as possible by using ice packs or frozen peas/corn, then placing it back into freezer. Make sure you place a paper towel between the ice pack and your skin.

Sleep with your head elevated and cover your pillow with an old towel so the pillowcase is not stained with Vaseline.

Take your medications as directed.

Day 2-3

You may shower as normal, avoid heat on the area.

May need to continue to soak as needed then reapply thin coat of Vaseline.

Swelling is usually the worst on these days.

Continue to take your medications as directed.

Day 4-5

Shower as normal, you will notice some areas are bronzed and peeling now and other areas are still red. Use Vaseline in the bronzed areas and plain moisturizer such as Eucerin, Cerave or Cetaphil (available at local drugstore).

Protect skin if you go outside.

Continue to take your medications as directed.

Day 6-7

Shower as normal. You should be able to use moisturizer to most areas now. If there are some reddened open areas do not apply moisturizer just use the Vaseline lightly to those areas.

Protect skin with a layer of SPF 50 or higher if going outside along with a hat.

If you have any concerns please call the office at 212-689-9587.