

## Skin Care for Laser Resurfacing

### Before Your Procedure:

The risk of post-op hyperpigmentation (discoloration) is greatly reduced if the skin is pretreated before surgery. We recommend the **Dr. Lawrence's skin care** regimen to condition your skin.

Valtrex, an antiviral, will be prescribed for lasering of oral area.

Sleep on your back for the first few days with 2 pillows to decrease swelling.

**Avoid intense sun exposure for 4 weeks.**

Drink plenty of fluids and avoid salty foods. Try to avoid smoking.

### Skin Care:

- Day of procedure= (day 1)  
You will do very little to your skin during this phase of healing. Main concerns are preventing infection and allowing the skin to begin the healing process. For the first 48 hours; use continuous cooling to reduce swelling and discomfort. Cool moist clothes are ideal. Apply **Advanced Healing Ointment**, liberally, to keep the area moist. The treated areas may form crusts and ooze. Pinpoint bleeding of lasered areas is normal. You may shower, but avoid a direct water stream on the treated skin. Spritz with the **Soothing Antioxidant Mist**.
- Day 2-4 Spritz with the **Soothing Antioxidant Toning Mist**. Any scabs should be gently soaked off. *Do not pick to remove dead skin as this may cause scarring.* Follow with a generous layer of **Advanced Healing Ointment**.
- Day 5-7  
You may Cleanse 1-2 times daily with Dr. Lawrence's **Gentle Cleanser** as long as you do not sting with the cleanser. Gently massage cleanser followed by gentle water rinse. Follow with **Defense Serum**. Apply **Sunscreen** if going outside. Use **Calming cream** for itching.
- 2-4 weeks:  
Your skin should have reached a stage called re-epithelialization. This means a protective layer has returned to the outer layer of your skin. Your skin care regimen greatly depends on your degree of healing at this point. Cleanse morning and night. Follow with **Soothing Mist**. Then apply **Sunscreen**. If hyperpigmentation is a concern, the introduction of **Pigment Correction** pads may be indicated. You may also use **Calming Cream** to assist in reducing itching and swelling.
- After 4 weeks:  
Your skin will possibly have a red appearance which may last up to 6 months. This is normal and can be covered with mineral makeup. Dr. Lawrence's Skin Care products may be restarted after 4 weeks. Consult with Dr. Lawrence before starting your skin care. Results: You will see your skin improve over 6 months. The collagen is rebuilding and takes time. Maintenance: injectable, lasers, and skin care can provide optimal results.

**Dr. Lawrence's Skin Care**