

Post Care Instructions for Palomar

- Apply a thin layer of Aquaphor to the treated areas, including the outer edges of the wound. Treated areas should be kept constantly moist. Apply at least 3 times daily until crusting is gone.
- For the first 24 hours, or until sensitivity has diminished, apply a cool pack (cooled in the refrigerator, not the freezer) or a cool moistened washcloth to the treated areas. To moisten the cloth, place ice cubes in a bowl of water, soak the cloth in the water, wring out and place over treated skin.
- Never apply frozen gel packs or ice directly to the skin. Always use a barrier (such as a thin towel) between your skin and the cool pack.
- For the first 4 days, keep the area clean by washing with a mild cleanser and water three times a day if no stinging occurs. If cleanser stings, use water only.
- Once a day: soak areas for 15 minutes with cool, wet gauze and gently remove debris (can be done in shower)
- Keep head elevated at all times for 48 hours, even while sleeping, to reduce swelling.
- If treated area feels dry or chapped, re-apply Aquaphor as needed.
- Use Tylenol (acetaminophen) as needed for any discomfort.
- Keep away from direct sunlight, use a UVA/UVB sunscreen (SPF 30) with a physical block (Zinc, Titanium or Helioplex) as soon as instructed, and wear a protective hat and UV protective sunglasses as needed. We have sunscreen available for purchase.