



Skin Care Following Laser Treatment

Precautions:

1. Don't rub, scratch or put pressure on the laser treated areas until the blue-gray discoloration has disappeared. Your laser treated skin is delicate for 10-14 days after treatment.
2. Don't apply makeup to the treated area for 2 weeks.
3. Please call Dr. Panossian immediately if there is purulence (pus) or any other suggestion of infection, such as redness or tenderness.
4. Don't use aspirin or aspirin-containing medicines or alcohol for at least 2 weeks following laser treatment.
5. Keep all areas previously treated, or scheduled for future treatments, protected by sunscreens at all times.
6. There should be no swimming for 2 weeks after a laser treatment.
7. If your neck is treated, do not wear a turtleneck or tight fitting clothing around the neck area for 2 weeks. Also, do not wear jewelry for 2 weeks.

Care of Laser Treated Areas:

1. Gently apply bacitracin ointment to the laser treated areas twice daily with a Q-tip for 10 days.
2. Protect the laser treated area with a bandaid, gauze, or telfa dressing at all times for the first 10 days. This is particularly important for children and in areas likely to be rubbed or scratched, such as the side of the face.
3. You may take a shower, but gently pat the area dry. Don't rub with a towel or washcloth, as the skin is tender for the first 2 weeks.
4. Do not pick at, or try to physically remove the scabs.
5. If you have any concerns or questions related to the laser treated areas, please contact Dr. Panossian's office at (626) 765-6885. For emergencies, please dial 911.
6. Remember: after the blue-gray discoloration disappears, there may be some redness that lasts another 5 to 6 days. At that point, your laser treated area may still not appear to have improved. It takes another 6-8 weeks for the extra vessels to disappear with this treatment. That is why we advise you to return in 4-8 weeks, so we can assess the improvement that has been achieved and determine if further treatments need to be given to that area or other untreated areas.
7. When areas around the the eyes or lips have been treated, please put an ice pack gently upon the bandage covering the laser treated area for 10 minutes each hour for 4 hours following treatment. This will reduce any swelling in the area.