



## Skin Resurfacing Post Treatment Instructions

Meticulous wound care is crucial after skin resurfacing; below are our recommendations for after treatment care. It is important to keep skin moist and discontinue use of all products containing alcohol or active ingredients.

*Recommended products including Gentle Cleanser, Stratacel® 10g, IS Clinical post care kit will help the healing process as well as increase positive outcome expectations. A 15% discount is offered when you purchase these products with your treatment. Be sure to follow technician instructions regarding the timing of use of any of these products.*

### DAYS 1 – 2

You will be experiencing redness similar to a sunburn or windburn. Your skin will sting similar to a harsh windburn. Your color may appear blotchy as areas where severely damaged skin will appear much more red and could even be puffy or swollen.

- Immediately after treatment, apply wound-healing product such as **Stratacel®** and **"Shield"** and continue use for 2-7 days after treatment depending on depth.
- During Days 1 – 2, cleanse with only cool tap water and pat dry. Do not use cleaner of any type.
- Keep skin moist with a combination of the wound-healing product and cool water. Water may be gently sprayed on the area or applied with a damp cool compress. Only use suggested products during these 2 days.
- Discontinue use of any "active ingredient" products during the course of your treatments. These include Retin A or retinol products, Obagi, anti-aging creams, exfoliants, etc.
- Avoid being around harsh chemicals that may cause stinging (peroxide/hair color, alcohol, raw onions, raw hot peppers). If you come in contact with chemicals, wash hands, then rinse face with cool water for relief and re-apply wound healing product.

### DAYS 3 – 6

The redness and blotchy appearance of the most severely damaged areas will start subsiding. Your skin may appear more taut and shiny than usually. Although your skin looks fine, it is important to remember that you still have open wounds and must follow the treatment regime. Your skin will feel "crusty" and dry as the healing progresses.

- You may begin using a gentle cleanser in the morning and at night if you feel you need it. Do not rub skin, barely touch the skin and rinse thoroughly with cool or lukewarm water.
- Continue to keep skin moist with water and bland emollient ointments. You may soak skin in cool water or lightly spray cool water on the skin. You may also use a bland emollient ointment followed by a cool compress (damp wash cloth soaked in cool water). You may also mix a couple of drops of pure Vitamin E oil (no alcohol) with the ointment prior to applying on skin. This will add to the moisturizing effect.  
**Recommended Ointment is Stratacel®** other popular ointments include Catrrix®-10 (Lescarden) and Aquaphor® Healing Ointment (Beiersdorf AG), you may also use pure Jojoba oil (no alcohol) instead of the ointment. The frequency of soaks and ointment application decreases as healing progresses and is tapered off by days 5 or 6.

### DAYS 7 -10

Your skin is now in the final stages of healing and will feel quite "crusty." Care must be taken to avoid damage to the new skin that is less than one week old.

- Continue using a gentle cleanser with a gentle technique.
- Replace the ointment used on Days 3 – 6 with a gentle moisturizer / sunblock during the day. Continue using the ointment or oil at night for extra moisture.
- Continue keeping the skin moist with water and moisturizer.
- You may use a light exfoliant to remove "crusty" skin for a smooth surface or schedule a manual microdermabrasion for professional results.

### GENERAL INFORMATION

- Treatments are performed every 2 to 4 weeks to ensure proper healing between treatments. More conservative treatments can be performed on a bi-weekly basis, whereas more aggressive treatments may require a 4-week interval.
- Avoid sun exposure before and after treatments as you will be more prone to sunburn.
- If any product that you apply, or chemical that you come in contact with burns or stings, rinse off immediately with cool water. Discontinue use of the product.
- If you have any questions or adverse effect, call us immediately at 928-255-5440

928-255-5440 [www.juntoskinandlaser.com](http://www.juntoskinandlaser.com)  
930 N. Switzer Canyon Dr. Suite 102B  
Flagstaff AZ 86001

