



LASER RESURFACING, FULL FACE

- The N-terface dressing promotes drainage and allows you to cleanse through it. It should stay on your skin for four to seven days.
- For the first four to seven days or until your aesthetician has you stop, cleanse your face and change your dressings every four hours, four times per day, during your waking hours. The goal is to keep your skin pink, crust-free, and moist with Aquaphor. Here's how:
 1. Prepare your supplies:
Vinegar solution – 1 cup water and 1 tbsp. white vinegar
Facecloths
3x3" gauze pads
Saline solution
Aquaphor
Ice mask
 2. Wash your hands prior to beginning your cleansing routine.
 3. Pull tube gauze down around your neck.
 4. Remove 3x3" gauze pads that have been used to absorb drainage. **Do NOT pull off gauze that appears to be stuck! Saturate a 3x3" gauze pad in vinegar solution and soak the area until the gauze can be removed easily.**
 5. Soak a facecloth in the vinegar solution and place it over the N-terface dressing. Soak for 15 minutes if necessary to soften the crusted areas. **Do NOT put vinegar solution around your eyes. Instead, protect them with 3x3" gauze pads soaked in saline solution.**
 6. Gently remove areas of buildup (called *exudate*), using a 3x3" gauze pad, then rinse your face with saline solution. **Do NOT pick crusted areas, but gently rub them to remove buildup.**
 7. Pat skin dry and, using your fingers, apply a generous layer of Aquaphor over the N-terface.

8. Place a layer of 3x3 gauze pads over the Aquaphor and pull the tube gauze back up over your face to hold them in place.

9. Use the ice mask as needed, 20 minutes on and 20 minutes off, to control swelling and for your comfort. The ice mask should be applied over the gauze dressing.

- If you have questions or concerns, please call (207) 775-3446.