



LASER RESURFACING, PARTIAL AREAS

• For the first four to seven days or until your aesthetician has you stop, cleanse your face 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. Gently remove any residual Aquaphor with a moistened 3x3" gauze pad.

4. Soak a facecloth in the vinegar solution and place it over the affected areas. 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. Using a 3x3" gauze pad, gently remove areas of buildup (called *exudate*) and 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, reapply a generous layer of Aquaphor .

9. Use the ice mask as needed, 20 minutes on and 20 minutes off, to control swelling and for your comfort.

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