

## Dr. Short's Post Laser Instructions

1. You may have some mild discomfort following a laser session. You may take ibuprofen, acetaminophen or naproxen for mild discomfort. For more severe pain, a prescription has been provided to use as needed.
2. You may experience some mild redness and swelling. This will decrease over the next 3-5 days. You may apply cool compresses to the area for the first 24 hours to aid in swelling and pain.
3. You may wash/bathe as usual with soap and water. Pat dry and apply an occlusive ointment/moisturizer (aquaphor, Vaseline, cocoa butter, shea butter)
4. The texture of your treated area will feel like a cat's tongue, slightly rough. You may also notice small circular scabs. This is the result of the treatment and will resolve. The key is to keep the area moisturized and do not pick.
5. If you experience itching to the area as it heals from 2 days after surgery on, you may perform vinegar soaks. Take a bowl of water and add a few ice cubes. Add one tablespoon of white vinegar for each cup of water. Place a washcloth in this solution, wring and place over affected area. Repeat 2-3 times for 20-30 mins as needed.
6. The most important item behind moisturizing is protecting the area from the sun. This includes barriers like hats, clothing and sun block. Look for at least a SPF50 sun block that contains zinc oxide or titanium dioxide. Remember the sunblock is not just for swimming or hot days but anytime that the sun is out (even if it's cloudy).
7. If you were on pretreatment before the laser sessions wait one week before resuming.
8. Please call the clinic if you have persistent redness, notice the pigment is getting darker, have increased pain or any other concerns. (225) 387-7721
9. Please call the office to schedule an appt for 3 weeks.
10. If you develop severe reactions (facial swelling, shortness of breath) or it is felt to be an emergency, please call 911.