

# Laser Peel

## INSTRUCTIONS AND WHAT TO EXPECT AFTER TREATMENT

*Congratulations and thank you for choosing and trusting us for your facial rejuvenation needs.*

After your laser peel, it is very important to follow these instructions:

1. Keep your face moisturized with Aquaphor Healing Ointment. There is no need to apply it thickly, only that your skin is well covered. The skin prevents excessive evaporation of water and after your laser peel, you are prone to drying your skin. Re-apply the ointment 3 to 5 times a day as necessary.
2. You may wash your face gently with mild soap before applying the Aquaphor Healing Ointment.
3. Until the initial redness and swelling have resolved, avoid direct exposure to intense heat (such as direct sunlight, sunlamp or sunbathing). Stay home for the first 2-3 days. If you have to go out, use a sunblock with a minimum of SPF 30 even if you will not be directly under the sun. Reflected sunlight or intense house lights are enough to cause a sunburn effect.
4. Depending on your circumstances, you may need to take an effective pain killer. Take Vicodin 5/500 1 tablet 3 times a day, AS NEEDED. Please avoid driving while taking Vicodin as it may cause drowsiness.
5. Depending on your circumstances, you may need to take an antibiotic. Take Keflex 500 mg 1 capsule two times a day for 5 days.
6. As you skin heals, DO NOT PULL SCABS OFF, as this may cause scarring or pitting. Avoid touching your face and keep your hands clean.
7. Please inform Dr. Romero if you are prone to herpes simplex outbreaks.

If you have any questions, please feel free to contact the office: 631-858-0500.

**FOR ANY URGENT CONCERNS, PLEASE CALL DR. ROMERO DIRECTLY: 631-987-4744**