

### Questions?

If you have any problems or questions please call the **Laser Clinic** on  
**0114 263 2101**



# Laser Resurfacing

## *Post Treatment Cleansing Regime*

### Patient Advice Sheet



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**This information sheet is aimed to assist you through your post treatment recovery period.**

**A Nurse Consultant will be in contact by telephone with you following your treatment to guide you through and answer your questions.**

The treated area will look very red. It will be swollen, sore and will feel hot. This is because the top layer of the skin (the epidermis) has been removed.

The treated area will leak serous fluid. This is the body's reaction to this type of wound. Immediately following laser treatment a liberal amount of Vaseline is applied to the area. This may soften and drip off the treated area along with the leakage of serous fluid – this must be cleansed at three or four hourly intervals during the first 48-72 hours following treatment.

Once the area has dried and there is no further crusting (3-5 days) then aqueous cream/E45 lotion can be applied followed by SPF30 sunblock, which can be purchased from the Cosmetic Laser Clinic.

#### **Cleansing the area:**

The area must be cleaned with a sterile saline solution. (A solution of cool boiled water can also be used after the initial 48 hours). Regular cleansing is important as this will loosen any "serous" crusting build-up. Any scabs should not be dislodged but gently cleansed and Vaseline reapplied. As the treated area dries and heals this regime can be reduced in frequency.

**Before cleansing or applying Vaseline to the treated area, make sure that you have washed your hands thoroughly using liquid soap (do not use a bar of soap) and dry carefully using a clean dry towel.**

**This is very important to reduce the risk of infection to the treated area.**

#### **Questions?**

If you have any problems or questions please call **Hilda McKinlay** on **07832 117855**