

Skin Resurfacing

Cleaning Instructions for the First 5 Days

- Remove ointment with a damp, soft cloth. Ensure that all ointment is removed.
- Wash gently in a circular motion with a damp cloth using a mixture of ½ table-spoon of white vinegar and 1 cup of distilled water.
- Rinse off with distilled water by gently splashing the face over the sink or squeezing a soft, damp cloth over the area.
- Dry area gently by patting off the water with a soft cloth
- Apply Aquaphor (or plain Vaseline) ointment evenly over the entire treated area using a Q-tip. Apply at least twice daily, or more frequently, to avoid drying of your skin. Be generous with your application.
- Initially for the first day, cleansing should be done twice daily. You may then begin cleaning up to four times per day as tolerated. Wash your face less often if it causes too much discomfort.

Cleaning Instructions for Days 6 Through 10

- Remove ointment with a damp, soft cloth. Ensure that all ointment is removed.
- Wash gently in a circular motion with a damp cloth using Cetaphil cleanser (instead of vinegar and water). If the Cetaphil cleanser feels too astringent on your skin, then continue use of the vinegar and water until you are better able to tolerate the Cetaphil cleanser.
- Rinse off with distilled water by gently splashing the face over the sink or squeezing a soft, damp cloth over the area.
- Dry area gently by patting off the water with a soft cloth.
- Apply Aquaphor (or plain Vaseline) ointment evenly over the entire treated area using a Q-tip. Apply at least twice daily, or more frequently, to avoid drying out your skin.

Showering

- For the first 3 days, you may clean your hair in the sink and your body in the shower or bath, but try to keep water from the treated area of your face. Your skin is usually too sensitive to tolerate direct exposure to water at this point. After the first 3 days, you may rinse your face in the shower by letting water gently hit your forehead and run down your face. You should avoid any extremely hot water because this may cause a significant burn. Sometimes you may see yellowish build-up or crusting. Gently remove this build-up with a wet Q-tip. It is strongly advised that you apply or remove ointment, crusting, etc. with Q-tips and not your fingers because you may contaminate your open wounds with bacteria. Listen to your skin. You don't need to be aggressive.

After the First 8 to 10 Days

- After the first 8 to 10 days, a new skin layer with typically have formed. At this point, you may stop applying Aquaphor (or Vaseline) ointment to your face and start Cetaphil lotion. Avoid any direct and prolonged sun exposure.

Makeup

- Do not use any makeup during the first 10 days after your procedure. After this, once your new skin is completed, you may use natural, powder-based makeup along with titanium dioxide or zinc oxide sunblock.