



**JENNIFER W. PENNOYER, M.D.**

Medical & Surgical Dermatology

Laser & Cosmetic Skin Care

## **1540 Fractional Non-Ablative Resurfacing**

### **Post-Treatment Instructions**

1. Swelling is expected immediately after a treatment and generally resolves within 24-48 hours, but may last 3-5 days in some people.
2. You may experience redness and bronzing in the treatment area for 1-3 days. This may persist in a milder form for several weeks.
3. Use gentle cleanser and non-irritating cosmetics after a treatment. Avoid use of retinoids for 1 week before and after a treatment.
4. New skin will begin to form during the first 2 weeks after a treatment and it is very important to avoid sun exposure. Use sunscreen with SPF 30 or higher with UVA and UVB protection along with a physical sunblock such as zinc oxide or titanium dioxide. Sun exposure within this period may cause permanent hypo-pigmentation or hyper-pigmentation.
5. After the initial 2 weeks of sun avoidance, it is important to continue the use of sunscreen with an SPF 30 or higher whenever you are outdoors.
6. Some itching or dryness of the skin may occur. This will gradually clear. Using a non-irritating moisturizer or over-the-counter 1% hydrocortisone cream may provide relief.
7. Until redness has completely resolved, avoid exercise, hot tubs, and any activity that causes flushing or excessive perspiration.
8. If you are prone to acne, a topical antibiotic lotion can be prescribed to help control any post-treatment break-outs.
9. If you have any questions or concerns, please call our office at 860-243-3020.