

Post Procedure Instructions: **UltraClear Customized**

IMMEDIATE AFTERCARE (FIRST 24-48 HOURS):

- **If pure PDGF has not been applied post-procedure:**
 - Use vinegar soaks as needed. Vinegar Soak includes (1 ts white vinegar per pint of tap water placed in the refrigerator) for at least 15 minutes 3 to 4 times a day.
 - Cover treated areas with Aquaphor or restorative ointment every two hours.
- **If pure PDGF has been applied post-procedure:** Wait **6 hours** to begin vinegar/water soaks and restorative ointment or Aquaphor then continue care as above.
- Keep your head elevated by using two or more pillows when lying down. **After first 24 hours**, follow the below instructions as directed.
- You can use ice/cold packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort. Do not apply ice packs directly to treated skin. Use light cloth or gauze.
- Your skin may feel sensitive and may have a red, pigmented, swollen appearance depending on the intensity of the treatment. The treated area may itch. If necessary, take Benadryl as needed for itching.
- The morning following procedure you may cleanse the treated area twice daily with a gentle cleanser such as Cetaphil, Cerave' or Vivant Milk Cleanser. **Do not scrub.**
- On Day 2 - Continue to keep treated areas covered with Aquaphor or Restorative Ointment every 3-4 hours. This will decrease the healing time and minimize discomfort such as itching.

AFTER 48 HOURS:

- Dryness and flaking are expected for 2 to 4 days post treatment and may last several days depending on treatment depth and individual healing.
- Cleanse treated area with a gentle cleanser such as Cetaphil, Cerave or Vivant Milk Cleanser, then apply Cicaplast to treated area. Aquaphor or Restorative Ointment may be applied as a spot treatment on areas that are irritated or sensitive.
- For a few weeks after treatment, avoid sun exposure, as well as tanning beds and tanning creams. Use ColoreScience No-Show Mineral SPF 50, EltaMD UV Physical SPF 41 or a **physical sunscreen** safe for post procedure when treatment area is exposed to the sun. If possible, wear a brimmed hat to further reduce sun exposure.
- Always call the office promptly if there is any increase in pain or skin redness. The patterned appearance is a normal sign that the laser has worked exactly as intended. It is temporary and will fade as your skin renews itself.
- Following treatment, normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually for at least 48-72 hours.
- Once you feel comfortable and healed, a normal skin care regimen, including makeup or shaving, can be resumed. **Do not resume topical retinoids for 2 weeks after healing has occurred.**
- If you have any questions about these instructions or the procedure, please call us at (865) 474-8806