



Post-Procedure Instructions for Plasma Skin Resurfacing

This is a general care guide. Please follow specific instructions given by Dr. Tellis.

General Care

- **IMPORTANT**→ Call the office if you develop a fever, excessive swelling, bruising, bleeding, or persistent nausea, vomiting, diarrhea
- Continue medications as prescribed
 - Take complete course of antibiotics, MethylPrednisolone and Valtrex
 - While taking prescription pain medication do not drive, make important decisions or consume alcohol
- Stay out of direct sunlight for one month
- Refrain from smoking or being around second hand smoke
- Refrain from alcoholic beverages during first 2 weeks of healing
- Avoid breaking a sweat for the first 2 weeks→ no strenuous activities or exercise for a minimum of 2 weeks while your skin heals
- The skin on the treated area may feel hot for the next few days as the healing begins→ keep your living space cool and drink plenty of water
- Keep your fingernails short for a few weeks so you don't accidentally scratch your skin as it heals
- Your skin will undergo dramatic changes each day and may seem to regress→ this is part of the healing process
 - Your skin will ooze a lot for the first 1-7 days & will decrease after 7 days→ keep a box of tissues handy to blot your skin (no rubbing)
 - Use old cotton pillowcases or t-shirts on your pillow/bed so the ooze and ointment will not damage your good linens
- Most patients are able to apply make-up to treated areas after about 14 days→ Please get approval from our office before using make-up
- **Vinegar/Water Soak** (check daily instructions on when to start)
 - Mix ¼ cup white vinegar with 4 cups cold water (can keep in refrigerator)
 - Soak microfiber cloth in solution
 - Gently place cloth on skin and leave in place for 10 – 15 minutes
 - Remove cloth, splash skin with cool water and pat dry

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When you get home→ Rest, eat a small meal, Rest, drink plenty of water, Rest....

- Every 3 hours apply EltaMD Laser Balm→YOU WILL BE DOING THIS DAILY FOR ABOUT 14 DAYS
 - This can be repeated more often as needed to keep skin from drying
- Do not wash the treated area & only touch the skin with clean hands to apply ointment

Day 2

- The treated area will be swollen and oozing
- You may take a shower and wash your hair taking care to keep soap and shampoo off treated skin
- While awake walk around at least every 2 hours to improve your circulation
- You may experience dry eyes if you have had treatment around your eyes→ You may use moisturizing eye drops as needed during the day and a moisturizing eye ointment at night

Day 3

- In addition to the swelling and oozing your skin will start feeling tight
- Start vinegar/water soaks 2-4 times a day→ continue until shedding of old skin has stopped
 - Spray your skin with EltaMD Dermal Wound Cleanser before your vinegar soaks
- Apply a thin layer of EltaMD SilverGel & EltaMD Laser Balm after each vinegar soak
- Continue applying EltaMD Laser Balm a minimum of every 3 hours
 - You may notice small bits of skin rolling off as you apply the ointments→ this is expected

Days 4-7

- Swelling should be decreasing with more peeling and smooth pink skin emerging
- Skin may be itchy and have some red/brown “crusty” areas
- Continue vinegar soaks, applying EltaMD SilverGel and EltaMD Laser Blam

Days 8-14

- The redness will start to fade
- As the oozing stops you can discontinue the vinegar soaks
- Continue applying EltaMD SilverGel and EltaMD Laser Blam

Day 15 +

- Resume applying hydroquinone 4% to the skin at night
- Use a physical sunscreen (Zinc/Titanium Dioxide) daily→ for a minimum of 12 months
- Your skin is in the final stages of healing and may still be shedding the last of the old skin
- Put on some hydrating make-up, take a look at your before pictures and celebrate your new skin

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