

**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 accidently 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

**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