



DR. NORKIEWICZ

GENERAL SURGERY & LASER TREATMENT CENTER of LUBBOCK

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SKIN RESURFACING PRE AND POST TREATMENT INSTRUCTIONS

Pre Treatment Instructions:

- Discontinue all Retin-A, Renova, glycolic acids, Vitamin C products, and anything else that may irritate your skin, three days prior to treatment.
- Do not use tetracyclines, Zithromax, Z-pack, or St. John's Wort for seven days prior to treatment.
- Inform us if you have taken Accutane within the past six months.
- Inform us of any change in your medical history since your last visit.
- Inform us if you have had chemical peels, dermabrasion, laser resurfacing, or a face-lift since your last visit.

Post Treatment Instructions:

- Cool compresses may be used, if needed, to decrease swelling and redness.
- Aloe Vera gel should be applied to the treated area several times a day during the first two days after treatment.
- Open areas should be covered with a topical antibiotic ointment.
- Wash area twice a day with a gentle cleanser, cool or tepid water, and your hands only. Pat dry. Do not scrub the treated areas. It is best to let these areas flake off with only gentle cleansing.
- Do not take hot showers, baths, or saunas for 48 hours after treatment.
- Refrain from vigorous exercise for 48 hours after treatment.
- SPF30 sun block should be applied daily after healing, and reapplied as needed throughout the day if necessary
- Avoid unnecessary sun exposure.
- Use of Retin-A, Renova, glycolic acids, Vitamin C products, and any other potentially irritating products may be started after all irritation from the procedure resolves.