

# **Cynthia M. Goodman, M.D.**

Plastic & Reconstructive Surgery

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## **POST CARE INSTRUCTIONS FOR PROFRACTIONAL**

- 1. This treatment will make you sensitive to sunlight. Do not go into direct sunlight without sunscreen until all redness has resolved. You should use a physical block as well such as hat, scarf, sunglasses, etc.**
- 2. Do not use any retinol products for two weeks following the procedure.**
- 3. No strenuous exercise directly after the treatment.**
- 4. For the first 24 hours, keep the area moisturized with Aquaphor. You can reapply as needed to keep the treated areas from becoming dry or crusted.**
- 5. You can minimize swelling by keeping your head elevated on a couple pillows for the first night.**
- 6. Tightness or redness may occur. This is normal and will resolve in a few days. However, if any unusual redness, swelling, or high temperature occurs, please contact the office.**
- 7. You may use Tylenol or ibuprofen for any discomfort. If you have any abnormal itching, you may take Benadryl.**
- 8. Dr. Goodman will need to see you for a follow up appointment 4-5 days after your treatment.**