

Post treatment instructions for

Erbium Laser

- Gentle Cleanser(eg, Cetaphil or Purpose Gentle Cleansing Wash for Day 1-10
- Occlusive ointment(eg, Auquaphor) use generously Day 1-3
- Non-occlusive moisturizer(eg, Eucerine Original Moisturizing Cream or TNS Ceramide Treatment). Day 3-10
- Sunblock SPF30+ (ask physician for recommendation)
- Cool compresses(eg, bag of frozen peas, folded folded wet paper towels or 4x4s frozen in a Ziploc bag) Note: towels have detergents that irritate for first 48 hours.
- Mineral make-up(powder, not liquid)
- Hydrocortisone cream 1%
- Headband to keep hair out of treated area
- Hat to protect treated area from sun exposure and sun screen at all times. Start using 24 hours after treatment.

Overview

Day 1-3 Cetaphil or gentle cleanser, and Aquaphor 1-3 times a day.

Day 3-7 Continue Cetaphil cleanser, and add TNS Ceramide Cream and or Eucerine Lotion.

Day 7-10 Slowly add in regular skin care



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facial professionals

1222 George C Wilson Drive | Augusta, Georgia 30909 | (706) 868-9500