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POST-PROCEDURE INSTRUCTIONS FOR:
ULTRACLEAR / ABLATIVE

What should I expect after my treatment?

Post-treatment care and follow-up visits are essential to the healing process. The treated area may turn very red and swollen. Swelling may last for seven (7) days or longer, and some patients experience redness for up to one (1) month. You may also experience oozing, bruising, and crusting of the treated area. Post-treatment healing varies among patients.

What should I do to the treated area after my treatment?

Apply Alastin Skin Nectar & Alastin Soothe & Protect (in that order) in the A.M. and P.M. and as often as needed to keep the area moist.

Soak the area with cool water four (4) times a day and reapply the Skin Nectar and Soothe & Protect (in that order) each time. You do not have to soak the area at night while you sleep.

You may begin to use Alastin Gentle Cleanser and /or Cetaphil Cleanser twenty-four (24) hours after your treatment. You may shower and wash your hair.

Gently dab areas of crusting with a moist gauze, pat dry, and apply the Alastin products.

Always keep the treated area moist to ensure proper healing.

Sleep with your head elevated. This will help with swelling.

Take Tylenol, as needed, **for discomfort only**.

DO NOT: Pick your skin

DO NOT: Wear sunscreen or make-up until you have received physician approval

DO NOT: Use abrasive cleansers or exfoliate your skin for at least four (4) weeks following your treatment.

AVOID: Direct contact with pets.

FOR SCARS AND/OR SMALL AREAS?

Cleanse the area with warm water once in the morning and again in the evening.

Apply Aquaphor healing ointment to the area.

You may keep the area covered with a non-stick (Telfa) dressing or Band-Aid.

?When should I return for a follow-up visit

The staff will tell you when to schedule your follow-up visit. You may be required to see your physician several times following your procedure, depending on the .healing process

EMERGENCY CONTACT INFORMATION

Call the office at 212-663-0400 if you have any questions or concerns regarding your procedure.

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