



LINCOLN ROAD
DERMATOLOGY

general • surgical • cosmetic • laser

PROFRACTIONAL LASER AFTERCARE

A DAY-BY-DAY GUIDE TO HEALING



IMPORTANT: ANTI-VIRAL MEDICATION

Continue taking valacyclovir (Valtrex®) exactly as prescribed every day until the full course is completed to help prevent cold sores and promote healing.

DAY 0
0-24
HOURS



DAY OF TREATMENT (0-24 HOURS)

WHAT YOU'LL NOTICE

- Redness
- Swelling
- Warmth
- Oozing or pinpoint bleeding

- ✓ Keep skin continuously moist with plain Vaseline.
- ✓ Sleep with your head elevated.
- ✓ Do not pick, rub, or wash aggressively.
- ✓ Expect oozing or weeping; this is normal.



TIP

A cool environment and gentle air (not direct fans or AC on your face) can improve comfort.

DAYS
1-3



DAYS 1-3

Most swelling peaks during this time.

This is when cool vinegar soaks often feel the best—especially on Day 2, when heat and tightness are usually greatest.

VINEGAR SOAK RECIPE (ESPECIALLY NICE ON DAY 2)

- 1 tablespoon plain white distilled vinegar (5%)
- 2 cups distilled water OR boiled water that has completely cooled



Store covered in the refrigerator for up to 5 days.



Cold soaks are soothing and help gently cleanse the treated skin.

HOW TO USE



Soak clean gauze or a very soft clean cloth in the solution.



Gently rest on the treated skin for 5-10 minutes.



Use 3-5 times daily.



After each soak, gently pat dry and apply plain Vaseline immediately.

DAYS
3-5



- Redness begins to fade.
- Swelling continues to improve.
- Skin may feel rough like fine sandpaper.
- Most people look significantly better by the end of this stage.

CONTINUE

- ✓ Gentle cleansing
- ✓ Keeping skin moist with plain Vaseline
- ✓ Vinegar soaks
- ✓ Strict sun protection

DAYS
5-7



- Skin tone continues to even out.
- Any micro-crusting (if present) resolves.
- Most patients feel comfortable returning to many normal activities.
- A few may be essentially back to normal by the end of this stage.



SUN PROTECTION IS ESSENTIAL

Continue daily sunscreen (SPF 30 or higher) and sun avoidance to prevent dark marks.

1 WEEK+
(DAY 7+)



1 WEEK AND BEYOND

- Most patients are back to normal activities.
- You may begin makeup (mineral-based) if skin feels completely comfortable.
- Full benefits continue to develop over the next several months.

YOU MAY BEGIN (IF APPROVED)



Sunscreen
(SPF 30+)



Gentle
moisturizer



Mineral
makeup



Avoid acids, retinoids, exfoliants, scrubs, hot showers/steam, and other active ingredients until cleared by your physician.

NEXT
SEVERAL
MONTHS



NEXT SEVERAL MONTHS

- Collagen remodeling continues for 3-6 months.
- Skin gradually becomes smoother.
- Acne scars soften.
- Fine lines improve.
- Pigmentation continues to even out.



Results continue to improve over time—be patient and protect your skin!



CALL OUR OFFICE IF YOU NOTICE:



Increasing redness after initial improvement



Fever or chills



Thick yellow drainage



Foul odor



Blisters or rash spreading away from the treatment area



Severe pain



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