

# after skin therapy instruction sheet



## **General Cleaning Instructions for the First 5 Days:**

1. DO NOT SHOWER OR REMOVE OINTMENT FOR THE FIRST 24 HOURS. Then remove ointment with a damp, soft cloth. Ensure that all ointment is removed. DO **NOT** SCRUB VIGOROUSLY.
2. Wash gently in a circular motion with a damp cloth using a mixture of a 1/2 tablespoon of white vinegar and 1 cup of distilled water
3. Rinse off with distilled water by gently splashing the face over the sink or by squeezing a soft, damp cloth over the area.
4. Dry area gently by patting off the water with a soft cloth.
5. Apply **Vaseline** ointment evenly over entire treated area using a q-tip. We recommend applying ointment at least twice daily, or more frequently, so as to avoid drying out your skin. Be generous in your application. A thick coating ensures that all your skin is well moisturized.
8. Initially for the first two days, cleansing should be done twice daily. You may then begin cleaning up to 4 times per day as tolerated. If it causes too much discomfort, then wash your face less often.

## **General Cleaning Instructions for Days 6 through 10:**

1. Remove ointment with a damp, soft cloth. Ensure that all ointment is removed.
2. Wash gently in a circular motion with a damp cloth using Cetaphil cleanser (instead of the vinegar and water). If the Cetaphil cleanser feels too astringent on your skin, then continue use of the vinegar and water until you are better able to tolerate the Cetaphil cleanser.
3. Rinse off with distilled water by gently splashing the face over the sink or by squeezing a soft, damp cloth over the area.
4. Dry area gently by patting off the water with a soft cloth.
5. Apply **Vaseline** ointment evenly over entire treated area using a q-tip. We recommend applying ointment at least twice daily, or more frequently, so as to avoid drying out your skin. Be generous in your application. A thick coating ensures that all your skin is well moisturized.

## **Showering:**

For the first 3 days, you may clean your hair in the sink and your body in the shower or bath but try to keep water from the area of your face that has undergone plasma resurfacing. Your skin is usually too sensitive to tolerate direct exposure to water at this point. After the first 3 days, you may rinse your face in the shower by letting water gently hit your forehead and run down your face. You should avoid any extremely hot water as this may cause a significant burn. The goal is to have your skin peel off easily. Sometimes you may see yellowish build-up or crusting. Gently remove this build-up with a wet q-tip. *It is strongly advised that you apply or remove ointment, crusting, etc. with q-tips and not your fingers as you may contaminate your open wounds with bacteria.* Listen to your skin. You don't need to be aggressive.

**Lam Facial Plastics**  
Samuel. M. Lam, M.D., F.A.C.S.

**After the first 8 to 10 days:**

*After the first 8 to 10 days, a new skin layer will typically have formed. At this point, you may stop applying Vaseline to your face and start Cetaphil lotion. HOWEVER, DR. LAM AND HIS STAFF WILL INFORM YOU OF WHEN IT IS SAFE TO TRANSITION FROM VASOLINE TO CETAPHIL LOTION AFTER CAREFUL EXAMINATION IN THE OFFICE. Avoid any direct and prolonged sun exposure.*

**Shaving:**

*For men (or women), facial shaving is forbidden in any peeled area for the first two weeks. Thereafter, you must shave with an electric razor using a very gentle stroke for an additional two weeks. After a total of 30 days from the plasma session, you may resume a normal shaving routine.*

**What to watch out for:**

*Your skin will remain a light red to pink color for 1 to 3 weeks but may return to your normal skin tone earlier. If you notice that your skin turns significantly redder (or bright red), becomes irregular in contour (lumpy-bumpy), or you begin to feel a significant burning sensation you may be experiencing a dermatitis (i.e., an irritative reaction). If you begin to notice these changes stop applying whatever products to your skin that might be irritating it, and contact us immediately. If you begin to notice little white bumps (known as milia) in the peeled area, these will usually resolve. However, sometimes if these cysts persist, we may need to unroof them with a sterile, surgical instrument.*

**Summary of Care Instructions After a Skin Treatment**

<b>Days After a Peel</b>	<b>1. Cleaning</b>	<b>2. Ointment</b>	<b>3. Make-up</b>
<b>1-5</b>	Vinegar and water <sup>¶</sup> twice a day for the first day, then four times a day thereafter	Vaseline	None (avoid any perfumes or fragrances)
<b>6-10</b>	Cetaphil cleanser twice a day	Vaseline (until new skin is formed)	None
<b>11-30</b>	Cetaphil cleanser twice a day	Cetaphil lotion (without sunscreen)	Natural, powder-based make-up with titanium dioxide or zinc oxide sunblock (only when new skin is complete)

<sup>¶</sup> A 1/2 tablespoon of vinegar is mixed with 1 cup of distilled water, and then rinsed off with distilled water. You may begin showering on the third postoperative day.