

**Erbium Resurfacing** is a non-invasive, fractional laser treatment that uses Erbium YAG laser technology to resurface the skin. It's commonly used to improve skin texture, reduce wrinkles, and treat sun damage, acne scars, and pigmentation irregularities. After this treatment, the skin needs proper care to ensure healing and optimal results. Here's a guide to post-care instructions for patients following

## **Erbium Resurfacing:**

### **Immediate Post-Care (First 24-48 Hours):**

#### **1. Redness & Swelling:**

- You can expect **redness, swelling**, and a sensation similar to a mild-moderate sunburn for the first few hours to days after treatment. This is normal.
- Apply **cool compresses** or ice packs (wrapped in a clean cloth) for 10-15 minutes at a time to reduce swelling and soothe the skin.

#### **2. Skin Sensitivity:**

- The treated skin will be very **sensitive** right after the procedure. Avoid touching, rubbing, or scratching the treated areas.
- **Avoid makeup** for 5-7 days to prevent irritation and allow your skin to breathe and heal.

#### **3. Avoid Heat:**

- For the first 7 days, **avoid hot showers, saunas, or steam rooms** to prevent additional irritation and inflammation.
- **Avoid vigorous exercise** or activities that cause excessive sweating for the first 48 hours or longer if you have swelling.

#### **4. Hydrate Your Skin:**

- Apply a thin layer of **Aquaphor** to the treated area to prevent dryness or cracking.

#### **5. Infection**

- Cleanse skin with gentle cleanser using tepid water, pat to dry with clean towel
- Change your pillow case to have clean surface, preferably cotton
- Avoid having pets or animals touching the face

### **Within the First Week:**

#### **1. Peeling & Flaking:**

- It's normal for the skin to start **peeling or flaking** after 2-3 days. This is part of the skin's natural healing process. Do not pick at or force off any peeling skin to avoid scarring.
- **Moisturize regularly** with a gentle, hydrating product to keep the skin soft and promote the natural exfoliation process.

#### **2. Redness:**

- **Redness and irritation** can persist for a few days to a week. Some people may experience pink or red skin, similar to mild sunburn, which should gradually fade.
- Apply **cool compresses** to soothe any residual discomfort or heat sensations in the skin.

#### **3. Avoid Scrubbing:**

- Do not use any **exfoliating products** or scrubs for at least 2 weeks, as this can irritate the skin and slow the healing process.
  - Use a **gentle cleanser** to wash the face and avoid harsh or irritating products like retinols or acids.
4. **Avoid Direct Sun Exposure:**
- **Sun protection** is critical after Erbium resurfacing. **Avoid sun exposure** completely for the first **1-2 weeks** after treatment.
  - Apply **broad-spectrum sunscreen (SPF 50 or higher)** every 2 hours if you need to go outdoors, even on cloudy days. **Reapply sunscreen** regularly, especially after sweating or swimming.

### **Long-Term Care (2 Weeks and Beyond):**

1. **Skin Hydration:**
  - Continue to **hydrate your skin** with non-irritating, soothing moisturizers. Look for products with **hyaluronic acid, ceramides, or glycerin**, which are excellent for skin recovery.
  - Avoid products that may strip the skin's moisture barrier, like those with alcohol, strong acids, or astringents.
2. **Avoid Harsh Skincare Products:**
  - For **2-4 weeks** post-treatment, avoid products with **retinols, vitamin C, glycolic acid**, or other active ingredients that can irritate newly resurfaced skin.
  - Stick to **gentle, calming skincare** products and avoid anything that could cause friction or trauma to the skin.
3. **Continue Sun Protection:**
  - Continue using **SPF 50 or higher** sunscreen daily, even if you're indoors. The skin will remain more sensitive to UV damage for several weeks after treatment.
  - **Reapply sunscreen every 2 hours** if exposed to the sun for long periods.
4. **No Tanning or Tanning Beds:**
  - Avoid **tanning** or using **tanning beds** for at least **4-6 weeks** to prevent hyperpigmentation or complications with healing.
5. **Follow-Up Treatments:**
  - Depending on your specific treatment goals (e.g., deeper wrinkles, acne scars), your provider may recommend **additional sessions in 4-6 weeks** to maintain or further enhance the results.
  - Check in with your provider for a **follow-up consultation** to assess how your skin is healing and if any further treatment is necessary.

### **Important Do's and Don'ts:**

- **Do** keep your skin moisturized to support the healing process.
- **Do** follow your provider's instructions closely for post-care and skincare recommendations.
- **Don't** pick, peel, or scratch any scabs or peeling skin, as this can lead to scarring or infection.

- **Don't** apply makeup until at least **24-48 hours post-treatment** to avoid clogging pores or irritating the skin.
- **Don't** expose your skin to direct sunlight without sunscreen for at least **4 weeks** post-treatment.

### **Signs to Watch For (Consult Your Provider If):**

- **Excessive redness, swelling, or pain** that doesn't subside after a few days.
- **Blistering, pus,** or signs of infection.
- **Abnormal scarring** or if the skin becomes **darkened** or hyperpigmented beyond what is normal.
- Any **allergic reaction** or adverse side effects.

### **Final Results:**

- The final results from Erbium resurfacing typically start to show in **4-6 weeks**, as the skin's collagen production is stimulated and healing continues.
- For **optimal results**, multiple sessions may be required, especially for deeper wrinkles, scars, or more pronounced pigmentation issues.

If you have any specific concerns or need additional information about aftercare, feel free to reach out!