



SOLOMON FACIAL PLASTIC

LASER RESURFACING POST CARE INSTRUCTIONS

The following post-care instructions are essential to helping you achieve optimal results. Please read our instructions carefully. We encourage you to call or email our office if you have any questions. 905-764-7799 or officestaff.solomon@gmail.com

IMMEDIATELY AFTER YOUR LASER RESURFACING

- Ensure your face remains hydrated with Aquafor. You can reapply a thin layer when needed. Aquafor remains on your face while sleeping.
- Use an old pillowcase for sleeping in case of soiling.
- Take medication as prescribed.
- Avoid heavy lifting, strenuous exercise for one week.
- You may bathe. Avoid a direct stream of water on the treatment site for one week.

ONE DAY POST-OP

- Washing your face is important. Please follow our instructions below on how to make the water and vinegar mixture.
- Wash your hands and finger nails thoroughly with soap to ensure you have clean hands before washing your face.
- Soak the gauze in the diluted vinegar mix. (see below how to mix the water with vinegar)
- Gently dab your face to remove any oozing, blood and excess Aquaphor.
- Use new gauze each time to avoid contaminating the vinegar / water mixture.
- When done, gently pat dry with dry gauze.
- Apply a thin layer of Aquaphor to the entire treatment site.
- Ensure you cleanse your face morning and night to avoid a buildup of Aquafor.
- After day 7, you may switch to a gentle cleanser to wash your face, followed by ZO hydrating cream.
- After 2 weeks, you may resume wearing SPF sunscreen.
- After 4 weeks, you may resume wearing foundation and makeup on your treated skin.

SUPPLIES

- 4x4 gauze
- White Vinegar
- Distilled Water or Boiled Water at Room Temperature
- Clean Tupperware Container with Lid

VINEGAR AND WATER MIXTURE

- Mix 1 cup of vinegar with 3 cups of water (distilled or room temperature boiled water)
- Place vinegar water mix in a clean Tupperware container w/ lid and leave at room temperature.
- Label it "VINEGAR WATER" to avoid confusion.

RECOMMENDED SUNSCREEN AND POST-LASER FOUNDATION MAKEUP

- Sunscreen: Elta MD Clear/Tinted, TizoTinted, Thoya Tinted, Colour Science Mineral Powder
- Foundation: Oxygenetix Mineral Foundation to help conceal any redness

QUESTIONS OR CONCERNS

- If you have any concerns, questions or require clarification prior to your Laser Resurfacing procedure, we encourage you to call or email our office: officestaff.solomon@gmail.com 905-764-7799.
- If you experience Severe Pain, Fever, Hives, Blistering or Bleeding after hours, Please Contact Dr. Solomon directly at info@solomonfacialplastic.com or contact our Administration team at officestaff.solomon@gmail.com