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TRL POST LASER CARE

You have been treated with an erbium or total resurfacing laser (TRL). You will experience changes on your treated skin over the next 7-21 days. This Post Care Instruction Sheet will help you care for your skin and understand how to use the recommended products.

Recommended Products:

A gentle facial cleanser
Aquaphor (in squeeze bottle)
Cicalfate
Tongue depressors
Gauze Pads
Clean gloves
White Vinegar

Immediately Following Treatment:

It is normal for you to experience a burning sensation that can last 30 minutes to longer than 3 hours. Small areas of mild bleeding or dried blood might be present. If you experience discomfort, you may take Tylenol and other prescribed pain medications. The treated skin may be red; this is normal and will transition to skin "sloughing". Keep the skin "greasy" with Aquaphor or Cicalfate.

Evening of Treatment:

Wash hands prior to washing face. Wash treated area with a gentle cleanser – do not scrub. Pat face dry. Reapply a light application of Aquaphor or Cicalfate to the skin with a tongue depressor or with gloved hands. It can be helpful to sleep with your head elevated above your chest to reduce swelling. Ice packs may be applied to skin for swelling, if needed. Avene Thermal Spring Water spray can also be used for comfort, especially when placed in the fridge prior to use.

If your eyes have been treated, be very gentle when cleansing. Avoid hot water, using tepid or cool water. Lubricating eye drops (i.e. Artificial Tears) will help to decrease any dryness.

If the skin around your mouth is tight, attempt to minimize facial expressions and apply Aquaphor.

Continue to take prescribed medications.

Day 2-7:

Redness and swelling are normal occurrences. The treated skin may be red with large amounts of skin sloughing; this is normal and may last up to 7-10 days, usually lessening each day. While skin is in the sloughing phase, it is important to keep the skin "greasy" with Aquaphor or Cicalfate until all skin has sloughed off. You may wash your skin and reapply Aquaphor or Cicalfate. When the skin has fully sloughed, new skin will look red/pink. If you experience itching, Benadryl 25mg or an antihistamine may provide some relief.

On day two, you may start to use vinegar soaks. You can continue this daily as needed. Add 2 tablespoons of white vinegar to 1 quart of water. Apply with gauze to treated area every 3 hours to ease any discomfort and to speed up the peeling phase of treatment. The acidic property of vinegar will provide quicker healing.

If breakouts or blisters occur, **DO NOT PICK** these areas. If a blister does form, apply an antibiotic ointment such as Bacitracin until it heals.

Do not wear makeup during this time – we will reassess this at your follow up on Day 7.

Continue to take prescribed medications.

Rest and avoid strenuous exercise.

Day 7:

You will have a follow up appointment around day 7 following your treatment.

Day 7 and Beyond:

Your new skin needs to be treated as such...new! Daily sunscreen is imperative. It is always important to use sunscreen SPF 30 or higher daily. If needed, a hat should be worn if intense sun exposure is possible. It is best to stay out of the sun for the first 5-7 days if possible. We recommend EltaMD sunscreen SPF 30.

Any gentle cleanser you wish to use will be acceptable. We suggest ZO Gentle Cleanser or Skin Benefit Simple Cleanser.

The most important regimen to be maintained is a combination of skin lightener and a retinol. The skin lightener will maintain your bright complexion and prevent further discoloration from UV light or hormones. The retinol will enhance the skin by thinning the dead skin cells on the outer layer. We recommend SkinMedica Even & Correct or ZO Retinol Skin Brightener.

Your new skin is forming new collagen for up to 6 months. Skin may be red or pink for up to 3-6 months post procedure, but can be covered with makeup after 7 days. A second treatment may be performed after 6 months, if desired.

Thank you for allowing us to create your new radiant skin!

Phone Numbers:

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*In the event of an emergency, please call, do not text