



# Fractional and Fully Ablative Post Laser Treatment Instructions

Following these post-operative instructions will help ensure a smooth recovery and minimize scarring after your surgery with Dr. Kevin Caceres. Adhering to these guidelines can significantly enhance the healing process and improve the overall outcome of your surgery.

## 1. Pre-Treatment Care:

- 7-28 days prior to treatment
  - i. Hydrate and protect
    1. Moisturize skin at least 2x a day (am/pm)
    2. Increase water intake to 8 glasses of water (8oz) or more per day.
    3. Avoid prolonged exposure to the sun if exposure is unavoidable,
    4. Use a zinc oxide-based sunscreen of at least SPF 30+
- 3-7 days before your treatment:
  - i. Prepare your skin
    1. **Stop any topical retinoid therapy (3-4 days prior to treatment)**
    2. **If you have a history of fever blisters, talk to Dr Caceres about starting an antiviral prophylaxis 3-7 days before the treatment.**
- Day of the treatment
  - i. Prep for the treatment
    1. You may be asked to thoroughly cleanse the skin in the area to be treated.
    2. Remove all hairspray, makeup, gels, ointments, lotions, self-tanning products, & perfumes
    3. Do not use an alcohol-based cleanser as it may remove moisture from the treatment area

## 2. Post-Treatment Care:

- Immediately after treatment
  - i. You may have cool compresses to help remove any excess heat – it may be used for longer times with more aggressive treatments.
  - ii. Apply a topical ointment (like Vaseline or Petrolatum ointment) to the treated area(s) once the perception of heat has been reduced.
  - iii. Many patients see redness for 3-5 days or more after the treatments.
    1. Redness is expected to last longer with stronger treatments.
  - iv. To help lessen the potential for swelling, consider sleeping with the treatment area elevated.
  - v. Swelling and a mild to moderate sunburn sensation are common after the treatments and may last 1-3 days.
  - vi. It's possible that after the second day, the skin may appear as an exaggerated tan.
  - vii. Skin may flake during the 5-7 days healing process.
  - viii. Minimize the exposure to pets, especially cats.
  - ix. Do not allow any pet to lick the treatment area.

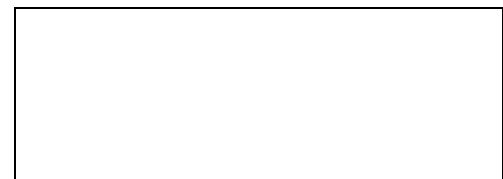
\_\_\_\_Patient initials

**Kevin Caceres, MD**

1615 Pasadena Ave South Suite 220, Saint Petersburg, Florida 33707

Phone (727) 870-3223 Fax (727) 870-4223

This is a doctor's office regulated pursuant to the rules of the Board of Medicine as set forth in Rule Chapter 64BB, F.A.C





# Fractional and Fully Ablative Post Laser Treatment Instructions

- x. Limit alcohol consumption after the treatment to help minimize the risk for complications like bruising.

### 3. Days 2-7 After:

- o AM
  - i. Wash the treatment area with a mild soap or gentle cleanser (Cetaphil) and gently blot dry.
    1. If a post treatment product was purchased, it may be applied at this time.
    2. Wait ten minutes to apply a zinc oxide-based sun block.
      - a. Allow the sunblock to rest, undisturbed for 5 minutes.
    3. Apply Vaseline or Petrolatum ointment to the treated areas.
  - ii. Reapply every 3-4 hours and as needed to maintain a moist environment.
  - iii. Avoid scrubbing or trauma to the treated area.
  - iv. Avoid sun exposure to reduce the chance of hyperpigmentation.
  - v. Continue using a zinc oxide-based sun block with an SPF 30+
- o PM
  - i. Gently wash the treatment area using the mild cleanser mild soap or gentle cleanser (Cetaphil) and gently blot dry.
    1. If a post treatment product was purchased, you may apply it at this time.
    2. Wait for ten minutes to apply Vaseline or Petrolatum ointment to the treated areas.
  - ii. Avoid exercise or any excessive heat for 2 weeks post treatment.
  - iii. Change your pillowcase daily and as needed for the first 7 days post treatment.
  - iv. Excessive sun must be avoided for 2 months post treatment.

### 4. Additional Tips

- o **Makeup Use: Do not use makeup until cleared by Dr Caceres.**
- o Comfort Measures: Use ice packs as directed to reduce swelling and discomfort. Elevate the surgical area if recommended.
- o Clothing: Wear loose, comfortable clothing that does not rub or irritate the surgical site.
- o Emotional Well-being: Take care of your emotional health by getting adequate rest, managing stress, and seeking support from family and friends.

For any questions or concerns during your recovery, please contact our office at 727-870-3223 or email us at tcent.contact@entaaf.com. We are dedicated to supporting you throughout your recovery and ensuring the best possible outcome from your surgery.

**MY SIGNATURE BELOW INDICATES I HAVE READ, UNDERSTAND, AND AGREE TO FOLLOW THE POST OPERATIVE INSTRUCTIONS STATED IN THIS POLICY.**

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Patient / Agent / Guardian Signature

\_\_\_\_\_  
Date Signed

**Kevin Caceres, MD**

1615 Pasadena Ave South Suite 220, Saint Petersburg, Florida 33707  
Phone (727) 870-3223 Fax (727) 870-4223

This is a doctor's office regulated pursuant to the rules of the Board of Medicine as set forth in Rule Chapter 64BB, F.A.C

