



# Dr. Shore Dermatology

Dermatology - Cosmetics - Excellence

## Post-Yag Laser Instructions

- You may experience a burning sensation on the skin that can last between 30 minutes to 3 hours on the first day.
- Sleep with your head elevated (above the heart) for the first 2 days. This will help reduce swelling.
- If you have pain following the treatment, take Tylenol. Follow instructions on Tylenol packaging.
- Treatment will result in a sunburn-like feeling. A fine scab will form on the skin. The skin may also feel tight. Do not be concerned, this promotes the healing process. These sensations may last from days 1-3.
- Redness and swelling may persist for 2 to 3 days. On day 3 or 4, the skin will get darker and start to peel. **DO NOT PULL ON PEELING SKIN.** Most peeling is completed by day 5 or 6 but may last until 7 or 8 days.
- Use cool compresses for the first 24-36 hours for 15-20 minutes at a time.
- Use Vinegar soaks 3 times a day for the first 3 days. (16oz bottled water, minus 2 TABLEspoons. Place 2 TABLEspoons into water). Soak gauze in solution. Remove excess liquid. Place gauze in the face. Leave on for 10 minutes. Remove gauze.
- After Vinegar Wash, use mild soap, provided by the office, starting day 1 after the procedure. Avoid HOT water.
- After washing face, place Oligio Peptide serum and Calming Serum. You may use a thin layer of Aquaphor or Vaseline over serums for the first two days. After day 2, do NOT use Vaseline or Aquaphor, apply gentle moisturizer over serums.
- Do NOT use any active serums (Retinols, Vitamin C, etc) until Day 5. When restarting active serums, use every other day for the first week.
- Avoid SUN EXPOSER for 3 months. The skin is extremely sensitive to the sun and will burn. Use a mineral-based SPF 35 or higher. When outside, wear a hat and sunglasses. Protecting the skin and limiting sun exposure will provide the best cosmetic outcome.