

## Post Treatment Care

- ABSOLUTELY avoid sunlight or bright, indoor direct fluorescent lighting for the next 48-72 hours. If you must go outside, wear a light blocking hat and clothing.
- Sunblock does not protect your skin during this frame of time.
- Apply moisturizing cream (such as CeraVe) frequently throughout the day for the dryness and/or itchiness.
- Use cool compresses as needed for swelling.
- Tylenol, Advil, or Benadryl may be taken according to manufacturer's recommendation for burning and discomfort, especially before bedtime.
- After the 48 - 72-hour time frame, daily use of total Zinc Oxide sunblock with a minimum of SPF #50 or more is strongly recommended for routine use.
- After treatment, you may experience the following: burning/stinging (usually lasts 24 hours), slight swelling & tenderness, and possible redness. We will call in a topical steroid cream for you to use as needed. These effects usually resolve within 1-2 weeks and will be completely resolved in 3-4 weeks.
- If you experience severe pain due to open weeping skin, please call our office at (412) 564-5444.