

DOT Laser Post-treatment Skin Care Instructions for Optimizing Healing



Day of Procedure (Day1):

1. COOL: Apply cold compress using sterile gauze soaked with cold sterile water and/or ice packs
2. SOOTHE: Apply petrolatum-based moisturizer to keep skin moist (Vaseline, Aquaphor, Elta MD Intense Moisturizer)
3. PROTECT: Avoid sun exposure; apply zinc oxide-based sunscreen if absolutely necessary to go outside (Elta MD Pure Physical)

Days 2-3 Post Procedure:

1. CLEANSE: Wash skin 3 times daily with gentle cleanser (Cetaphil, Cerave, Vanicream)
2. SOOTHE: Apply petrolatum-based moisturizer to keep skin moist (Vaseline, Aquaphor, Elta MD Intense Moisturizer)
3. PROTECT: Avoid sun exposure; apply zinc oxide-based sunscreen if absolutely necessary to go outside (Elta MD Pure Physical)

Day 4 until Follow up

1. CLEANSE: Wash skin 3 times daily with gentle cleanser (Cetaphil, Cerave, Vanicream)
2. SOOTHE: Apply petrolatum-based moisturizer to keep skin moist (Vaseline, Aquaphor, Elta MD Intense Moisturizer) if itching or irritation of skin develops apply a thin layer of topical steroid ointment (Cordran ointment / hydrocortisone ointment)
3. PROTECT: Avoid sun exposure; apply zinc oxide-based sunscreen if absolutely necessary to go outside (Elta MD Pure Physical)

Additional Instructions: