Dermatology & Plastic Surgery SPECIALISTS

ABLATIVE LASER AFTERCARE

COOL COMPRESSES & VINEGAR SOAKS

COOL COMPRESSES

- Wash hands before touching the treated area.
- Use a clean, soft washcloth or gauze dampened with cool water, or an ice pack wrapped in a soft clean cloth.
- Apply for **15–20 minutes** at a time every few hours as needed during the first **2–3 days**.
- Never place ice directly on the skin.
- Use a fresh, clean cloth or gauze each time.

VINEGAR SOAKS

- Mix **1 tablespoon** plain white vinegar with **1 cup (8 oz)** clean water. Use distilled water if instructed by your provider.
- Soak clean gauze or a soft washcloth in the solution and gently place it over the treated skin.
- Leave in place for a few minutes, then remove. Do not scrub or rub.
- Gently pat dry with clean gauze or a clean towel.
- Repeat as directed by your provider. Make fresh solution as needed; covered solution may be refrigerated for up to 5 days.
- Apply only the healing ointment or moisturizer recommended by your provider.

Follow your provider's specific instructions — they take priority over general aftercare guidance.

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HEALING TIPS

- Keep the treated area clean and protected. Follow your provider's cleansing and wound-care instructions.
- Do not pick, peel, scratch, or remove crusting or flaking skin. Allow it to shed naturally.
- Avoid retinoids, exfoliants, acids, scrubs, and other active skincare until your provider says it is safe to restart.
- Avoid makeup until the skin is healed or your provider clears you to resume it.
- Avoid direct sun exposure. Once the skin has healed enough for sunscreen, use broad-spectrum SPF 30+ and protective clothing.
- Avoid strenuous exercise, excessive heat, saunas, pools, hot tubs, and soaking until cleared by your provider.
- Contact your provider for worsening redness or swelling, increasing pain, fever, blisters, foul odor, or yellow/green drainage.

Follow your provider's specific instructions — they take priority over general aftercare guidance.