

PDL POST-CARE INSTRUCTIONS

- Temporary redness, swelling and potential bruising can occur. If bruising presents this can take up to 5-7 days to dissipate. If swelling occurs, keeping the head elevated during resting can help minimize more quickly.
- You may take Tylenol and apply cool compresses to the area for 10-15 minutes for up to 6 hours after treatment.
- Keep the area clean by washing twice a day with a mild soap and luke warm water. **DO NOT RUB** the treated area with any facial towel or brush.
- You can develop crusting or scabbing of the areas treated; this is temporary and does go away. Please do not pick or scratch if a scab is present. You may apply Vaseline until crust falls off.
- Make-up may be applied 2-3 days following the procedure or until crusting is no longer present.
- **DO NOT** use any of the following products on treated areas for at least 1 week:
 - Alpha or Beta Hydroxy
 - Salicylic acid/Salicylate
 - Retin-A
 - Glycolics
- Use warm or tepid water on area treated; hot water can cause irritation and sensitivity.
- Please use daily sun protection of at least SPF 30 and stay out of direct sunlight. When outdoors for long periods you **MUST** use a minimum of **SPF 30** and re-apply frequently (every 2-3 hours).
- No other skin procedure should be done for at least 5-7 days unless directed by your skincare specialist.
- Refrain from the use of tanning booths.

Remember for vascular lesions there may be very little change in the initially as it does take place over a period of weeks.

** These timelines are approximate & precautions should be extended beyond the recommended time if skin remains sensitive.*

Please call either office if you have any questions or concerns after treatment.

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