

# Gendler Dermatology

## FX POST TREATMENT GUIDE

### DAY OF TREATMENT:

- Ice water compresses can be applied to face as often as needed.
- Apply a thin coat of Aquaphor to the treated areas about 3 times daily to keep the area moist but not thickly covered.
- Sleep on propped up pillows to minimize swelling.
- Take next dose of Valtrex in the evening, then finish Valtrex as ordered on prescription.

### DAY 1:

- Skin may be pinkish/red. Some people have a bit of swelling below the eyes. This is normal.
- Wash face GENTLY with Cetaphil in lukewarm, (NOT HOT water), and pat dry in the morning and evening. Be aware that you won't be able to get all the Aquaphor off your skin. You may remove the excess Aquaphor with a tongue blade. Do not attempt to scrub it off!
- Apply a thin coat of Aquaphor ointment to entire area, – several times throughout the day to keep skin moist, but not too thick
- Continue to sleep on propped up pillows.
- BE SURE to avoid any direct sun exposure!

### DAYS 2 through 5:

- **BE SURE TO BRING IN YOUR MEDICATION/CREAMS ON YOUR FOLLOW UP VISITS TO OUR OFFICE.**
- Continue to wash your face gently with Cetaphil, morning and evening, being sure not to scrape old skin off your face. Remember, you won't be able to get the Aquaphor off. Gently remove it with a tongue blade.
- Expect skin to be a bit more red. The treated area feels tight and may itch. It will gradually become drier, somewhat flaky and brown.
- The skin may begin to turn light brown. This is normal.
- Expect the skin to begin flaking off around the 4<sup>th</sup> -5<sup>th</sup> day. Remember, everyone's skin is different.
- Avoid picking and scrubbing area, as this can cause scarring. Allow the old skin to flake off naturally. This is EXTREMELY IMPORTANT!
- If you are staying home, keep skin greasy with a very light coating of Aquaphor. If you go out, you won't need the Aquaphor, because it is too greasy. Instead, apply the Biafine emollient, then ANTHELIOS, before you leave the house. You must wear ANTHELIOS sunscreen if you go out.
- If itching occurs, apply a thin amount of Desowen lotion on your face, then apply the Aquaphor over it. This can be done twice a day until the itching calms down.
- If you need to wear make-up, be sure to apply the Biafine and ANTHELIOS under the make-up.
- Avoid dirty, dusty environments, hair sprays, perfumes, etc., while skin is healing.
- You may begin using make up after your face is done flaking.
- You may shower, using a shower cap, on day 2 and you may shampoo your hair on day 3.
- You may not work out until you see the doctor at your 1-week visit.

### DAYS 6-10 POST TREATMENT:

- Avoid all exfoliation, scrubbing, and picking.
- Keep using ANTHELIOS every morning and throughout the day if you are outside.

### MEDICATIONS/CREAMS/SUPPLIES TO HAVE BEFORE YOUR TREATMENT:

- Cetaphil gentle cleanser to wash your face every day after treatment is done.
- Head band or shower cap/bonnet to keep hair off face while healing.
- Aquaphor – large tub – To be applied throughout the day for first few days post treatment.
- Valtrex (RX) – To be taken twice daily beginning the day **BEFORE** the treatment, then finish the dose as directed.
- Desowen (Desonide) lotion (RX) – To be applied twice daily if area is ITCHY while the skin is sloughing off.
- Biafine Emulsion (PruTec) (RX) – To apply 3-4 times daily when finished using the Aquaphor.

### FOLLOW UP TREATMENT/CARE:

- Use ANTHELIOS sunscreen daily – make it a habit in order to prevent further sun damage.
- Schedule follow up photos for the third day post treatment and one week later.
- **On your return office visit, please come without make up. You may apply make up around the 5<sup>th</sup> day. Please feel free to call or email our nurses with any medical questions.**