



Kavali  
Plastic Surgery

**Laser Facial Rejuvenation Post Treatment Instructions**  
**(Fotofacial/Refirme/Matrix IR)**

1. You may experience some flaking skin in the treated areas over the next few days. You can use a gentle washcloth or loofah sponge for 4-5 days after treatment to help remove this dry outer layer and make your skin look more fresh. Microdermabrasion treatments can also greatly assist in the outer skin cell turnover process, so feel free to talk to us about scheduling microdermabrasion treatments if you like.
2. Immediately following laser treatment you may experience redness or minor swelling of the skin, similar to a mild sunburn. These normal tissue effects are temporary and usually disappear within 24 hours. Cold packs or soothing aloe vera gel may be used to ease any discomfort. Acetaminophen (Tylenol), aspirin, or ibuprofen (Advil, Nuprin) may also reduce post treatment discomfort.
3. A small percentage of individuals will experience mild peeling of the skin. This peeling is similar to the effects of sunburn. Avoid vigorous removal of the peeling skin to reduce the risk of scarring. If the skin blisters, an over-the-counter antibiotic such as Bacitracin or Neosporin may be applied twice-a-day. Please contact our office if you develop any blistering.
4. Take care to prevent trauma and friction to the treated area for the first 2-3 days following treatment. Treat the area gently. Avoid rubbing, scratching, or picking at the treated areas. Avoid very hot showers or baths or swimming in a chlorinated pool. Pat the skin dry after bathing or showering.
5. Avoid direct sun exposure (natural and artificial) for 5-7 days following each treatment. If the sun cannot be avoided, be sure to use a sun block with an SPF of 30 for the face and 30 or higher for the body to provide protection between treatments.
6. You may apply makeup to the treated area immediately following the treatment.
7. For men, avoid shaving with a razor for the first 2-3 days after treatment. An electric razor may be used after 24 hours. Avoid waxing, tweezing, bleaching, or use of depilatories for at least 5 days after treatment.
8. During the treatment period, sun block should be used whenever the treated area is exposed to the sun. Sun tanning increases the melanin (pigment) in the skin and increases the risk for burns and blistering during treatment.
9. Discontinue Retin-A, Differin, or Renova for two days prior to and two days after each treatment. You may continue to use other skin care products as usual.

I understand and will comply with above instructions.

Signature of Patient: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

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