



Shopping List

- Aquaphor Healing Ointment
- Plain white vinegar
- Antihistamine (example: Benadryl)
- Moisturizer (example: Cerave)
- Cleanser (example: Cerave)
- Sunscreen with SPF of 30 or higher (Cerave) for aftercare

Ways to Speed Healing:

- Apply Aquaphor to treated areas.
 - Re-apply frequently as needed to maintain a continuous layer on your skin
- Soak the treated skin with a plain white vinegar solution **4 to 8 times** each day.
 - You can't soak too much. Soaking **reduces redness** and **speeds healing!**
- Do not pick, rub, scrub or irritate your skin while it is healing.

How to Soak:

Dip a clean, soft gauze into vinegar solution and place the gauze against your skin, gently pressing to ensure the vinegar solution wets the skin. Drape it over the treated area and allow it to sit for a little while (photographed example below). Rinse and repeat for 10 to 15 minutes.

- Most of the Aquaphor should come off during the soak (do NOT rub).
- **Solution:**
 - **1 teaspoon of plain white vinegar to 2 cups of water.**
 - *Solution may be mixed up ahead of time and kept in the refrigerator.*
- Apply a layer of Aquaphor or plain Vaseline ointment to the treated area immediately after soaking. If the skin gets dry or scabbed, you need to soak more often.



DO NOT:

- Do not put ANY other creams, ointments or products of any kind on your face until your care provider indicates it is ok to do so.
- Do not let your skin come in contact with detergents, fabric softeners or dryer sheets. Fabrics that have been treated with these products may irritate your skin.
- Do not pick, rub, scrub or irritate your skin in any way while it is healing.
- Do not expose the treated area to the sun (even on cloudy days).
 - Remember, UVA passes through house and car windows.
 - UVA exposure can cause skin to darken.



How to Care for your skin:

The first 24 hours:

- Always thoroughly wash hands before touching the treated area.
- Simply keep your skin moist with Aquaphor Healing Ointment. Re-apply as frequently as needed to maintain a continuous layer on your skin.
- Do not shower until the day after treatment.
- When showering, do not allow soaps and hair products to come into contact with the treated area.

48 Hours after treatment:

You can stop the use of Aquaphor and switch to moisturizer. This must be done in sterile fashion, so a fresh package of moisturizer is best. Continue with the vinegar soaks.

The Next 7 Days:

- Always thoroughly wash hands before touching the treated area.
- Do not pick, rub, scrub, or irritate your skin while it is healing.
- You will not be washing your skin with traditional soap and water. Instead, you will be doing soaks with plain white vinegar 4 to 8 times a day.
- Dip gauze into the vinegar solution and place the wet gauze against your skin, gently pressing to ensure the solution wets the skin. Do not rub. Rinse and repeat for 10 to 15 minutes.
- Always do a soak after showering.
- You can't soak too much. Soaking reduces redness and speeds healing!

Once the skin has healed:

- Remember, UVA passes through house and car windows and are present even on cloudy days.
- UVA exposure can cause the skin to darken.
- After stopping the Aquaphor (48 hours of ointment), use only a clinician recommended moisturizer for at least one week.
- Make-up may be worn after the majority of treated skin has healed, usually around 7 days.
- It is very important to use sunscreen with a SPF of 30 or higher once the skin has healed.

General Instructions:

- It is OK to shower but do not let your shampoo or hair products get on your face or on the area treated, as any contact with anything will cause prolonged irritation.
- Do a vinegar soak after the shower followed by Aquaphor or Vaseline.
- If you experience itching, an over the counter antihistamine such as Benedryl (diphenhydramine) may be helpful.
- Ibuprofen or acetaminophen may be used if needed.
- It is okay to resume exfoliating treatments one month after procedure.

When to call the office:

- Intense pain, drainage, severe redness or fever, increased itching, the appearance of a cold sore, blister or a tingling sensation, or if at any time you feel that you are not healing normally.
- Please call the office 281-362-0014 if you experience intense pain, drainage, severe redness or fever, increased itching, the appearance of a cold sore, blister or a tingling sensation, or if at any time you feel that you are not healing normally.

Follow up appointment is required at one week to assess healing. Please schedule as soon as possible.