

# ActiveFX/DeepFX Laser Resurfacing Patient Instructions

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## Immediately post laser - When you leave the office until the next morning:

Keep face moisturized with Biafine, Aquaphor, or Cetaphil moisturizers every 2 hours. Drink lots of water. Eat lots of food.



## Day 1 - The day after your resurfacing:

Gently rinse face with Cetaphil Cleanser or plain water every 8 hours followed by moisturizing. Keep face moisturized with Biafine, Aquaphor or Cetaphil moisturizers every 4 hours



## Day 2 - The second day after your resurfacing:

Gently rinse face every 4 hours with Cetaphil Cleanser or plain water. Begin decreasing use of moisturizer as skin begins to peel.

## Day 3, 4, and 5 - The third day after your resurfacing:

Use moisturizer sparingly, and continue washing more briskly while gently exfoliating the peeling skin while rinsing. Apply Neutrogena sunscreen when going outdoors.

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## Pre-laser check list

- Cetaphil Cleanser
- Moisturizer - Aquaphor, or Biafine, or Cetaphil
- Sunscreen - Neutrogena Ultra Sheer
- Prescriptions that need to be filled:
  1. Prednisone
  2. Biafine
  3. Vicodin
  4. Doryx
  5. Valtrex
  6. Diflucan

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