

What to Expect Following Laser Treatment

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Healing time after your procedure will depend upon treatment settings, skin type, etc. and will vary from patient to patient and perhaps even from treatment to treatment. Here are some general guidelines to refer to throughout your healing process.

- Treated areas will appear “sunburn red” for 5-10 days. Redness will gradually fade to pink and then back to normal. The neck and chest area may take longer to heal.
- Treated areas may become swollen. Areas such as the eyes and jowls tend to have the most significant swelling. Peak swelling is seen 48 hours post procedure. Swelling can last 2-5 days. Compresses and Tylenol can help with this.
- Once redness begins to fade the treated area will appear dry and flaky. It may feel rough like sand paper. In general, the face may feel rough for up to 10 days following treatment. The neck and chest may take up to 2 weeks. Do not peel off dry skin or use an exfoliant. It is important to allow the skin to heal at its own pace.
- You may notice “track marks”, “grid marks”, “dots”, or “streaks” on the skin. Some areas may be redder than others. You may have a bronzing appearance during the healing process. These areas will heal and slough over time.
- Discomfort is generally mild and is most prevalent in the first 24-48 hours following treatment. Cool compresses and Tylenol should provide relief. Maintaining hydration and applying healing creams will also help to reduce discomfort.
- 1-2 weeks post treatment you may experience an acne breakout. This can be a normal side effect of resurfacing and is temporary, generally lasting a week or two.
- New collagen formation begins to take place after 30 days. Your best results will be seen 5-9 months after any given treatment.
- You may schedule your treatments 1-6 months apart or as your schedule dictates. Although each treatment session counts, changes are cumulative, and in general we recommend 2 to 3 sessions for best results.

Please call our office with any concerns or questions following your treatment at (925)939-9200.