

7. Eye Area: Treatment to the upper eye lids may result in swelling and create a slight squint. Redness may persist up to 3 days or more. Cleanse your eyes with cool water and dab or pat lightly with towel. Avoid hot water. Lubricating eye drops (i.e. artificial tears) will help to decrease dryness of your eyes.
8. If the skin around the mouth is tight, minimize facial expressions.
9. Rest. Avoid strenuous exercise, bending, straining, stooping or lifting heavy objects for 3 days after procedure. These activities may cause swelling and pain on your face and slow down your recovery.
10. Sleep with your face elevated above your heart for the first day after the procedure. It may be helpful to use an "airplane pillow" so that you sleep on your back.
11. You may shower or bathe at any point in time postoperatively. Although, for the first 48 hours, avoid hot tubs and spas and putting any hot water directly on the treated area. Wash your hair using baby shampoo.
12. Avoid excess sun exposure for at least six months. A sunscreen SPF 15 or higher should be applied every day. Use hat and sunglasses. Your skin is extremely vulnerable to the sun after having laser treatment. Protecting your skin and limiting sun exposure ensures the best cosmetic results. After the 7<sup>th</sup> day if there is no scabbing present, please restart your bleaching cream regimen to prevent recurrence of dark spots (i.e. Tri-Luma cream or Koji-Lac pads).
13. Use of Retina A or glycolic acid products can be resumed about 6 weeks following treatment.
14. Please call the office at (909) 981-8929 or Dr. Lee directly at (909) 969-3696 if you have any pain after treatment that is not relieved by the prescribed pain medication, fever or chills, excessive redness, swelling, bleeding, itching, or scab formation.
15. The recovery process varies from patient to patient and depending on the level of treatment and the area treated. On the average, it takes 5-7 days for the face to recover, and 7-10 days for the hands, décolletage and arms.