Post Laser Care: Aquaphor & White Vinegar Wash

What you will need:
- Dry Gauze
- Bottled Water 16oz.
- White Distilled Vinegar
- A clean container to soak the gauze
- Aquaphor

Mixing Vinegar Water Wash:
1. Open an un-used bottle of water
2. Pour ~3 tablespoons of water out of the bottle
3. Place 2 tablespoons of Vinegar into the bottle.
4. Shake to mix.
5. Mark the bottle so as not to confuse with plain water bottles
6. Place 5-8 gauze pads in the container and pour in enough vinegar wash solution until all gauze pads are saturated.

Using the Vinegar Wash:
1. Wash your hands with soap and water.
2. Reach into the container and retrieve a gauze pad that has soaked in the vinegar/water solution. Using gentle pressure, wipe over the treated area to remove Aquaphor and secretions. Allow the vinegar solution to remain on the treated area for a minimum of 5 minutes.
3. You may need to soak areas of crusting with vinegar gauze. Vinegar soaked gauze placed on the area also helps to reduce itching.
4. Use the vinegar wash at least 4-6 times a day the first 2-3 days while you may be swollen and your skin sensitive.

Applying Aquaphor:
1. Wash your hands with soap and water.
2. Apply a thin layer of Aquaphor to entire area treated with the laser.
3. Do not let the treated area become dry, re-apply aquaphor as necessary to keep area moist for the first 2-3 days.

Follow up with office:
1. You should see an aesthetician 1-3 days after your laser procedure.

Please call our office with any questions or concerns as you heal from laser treatment.