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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.

*Remember to use one hand to reach into the container and take out the gauze (your clean hand) and the other hand to wipe the area (the dirty hand).

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.