

## Active/Deep FX Post – OP

### Immediately After Treatment

- The area treated will feel “hot” after the procedure. Cold packs or frozen peas will be directly applied to help with the discomfort. The first hour expect some discomfort... keeping **Aquaphor** on the skin will help soothe.
- Sleep propped up on a few pillows. This will help reduce the risk of swelling

### Day 1

- If prescribed for you, begin taking the Z-Pack antibiotic and Valtrex with food. (Not everyone will have these prescribed) Take until finished
  - Apply cold compress (frozen peas) as needed

### Perform 3-5 times a day (Avoid picking & excessive scrubbing!)

- Gently wash with Cetaphil Antibacterial soap
- Gently pat Triamcinolone Cream 0.1% (TAC) onto skin; this will help reduce itching and redness.
  - Apply Aquaphor (on top of TAC)

### Day 2

Expect skin to be flaky, dry, and brown.  
Continue to keep moist with Aquaphor

### Day 3

Continue to wash with cool water and apply TAC and Aquaphor

### Day 4

Continue to wash with cool water and apply TAC and Aquaphor  
Follow any additional instructions given at post-op appointments.

**\*\* Avoid topical exfoliation (Retin-A, Peels) for 4 weeks\*\***

**\*\*\*To remove Aquaphor from hair wash area with dish soap (Dawn)\*\*\***