



What to Expect Following Micro-Ablative Resurfacing Treatment

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, if treated, 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 ibuprofen can help reduce swelling.
- Once the 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 Ibuprofen/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 is a normal side effect of the resurfacing and is temporary, generally lasting about 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. While each treatment offers improvement, changes are cumulative. Best results are usually seen after 2 to 3 treatments.
- A follow-up evaluation appointment is recommended for 3 months after treatment.
- Call our office with any questions or concerns, 614.322.7917.