

**NADIA P. BLANCHET, M.D.**  
**804-320-8545**

**DISCHARGE INSTRUCTIONS AFTER THE MATRIX FRACTIONAL LASER**

- You should fill your prescriptions for antibiotic, pain medicine and Zovirax (if you are having your upper lip or eyelids lasered) prior to the procedure. Please purchase a large tube of Aquaphor ointment and Cetaphil cleanser at the same time. Bring one of your pain tablets with you to the procedure. We will give it to you after you have signed your consent, if you have someone to drive you home.
- We will apply the topical anesthetic cream in the office 30 minutes prior to the procedure. Please apply cold wet compresses to your face for comfort as needed the first few hours after the procedure.
- You may have pinpoint bleeding for the first 24 hours from the lasered areas.
- You will be significantly swollen for three to five days after this treatment, especially in the morning.
- Please keep your face very moist with Aquaphor cream for the first few days until all of the tiny crusts have peeled off your face. Do not try to rub them off prematurely as this can lead to scarring.
- Wash the area twice a day with Cetaphil cleanser, again until the area is completely smooth without crusts. This is also when you may begin using sun block and makeup instead of Aquaphor. Make sure you start back with a new tube of sun block and fresh clean makeup, and wait until the doctor clears you for makeup before you start.
- Do not do any vigorous aerobic exercise until the skin has finished peeling completely (about 5 days). If you sweat under the fine crusting, you could develop an infection which could lead to scarring.
- I will see you frequently as you heal to check on you and answer questions, so plan to stay in town for the week. Please call the office immediately if anything looks infected.
- About one week post-procedure, you may become very itchy. If so, call the office and we can help you out.
- The best way for you to heal faster and feel better sooner is to walk every day as soon as you can. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner.

- **Smoking dramatically increases your risk of poor healing, scarring and infection. Please refrain from smoking 3 weeks before and 3 weeks after the procedure.**
- Sun-exposure while the skin is still pink can lead to a bad burn or hyper pigmentation.
- After one month or when the skin is its usual color, you may resume Retin-A, Vitamin C or glycolic acids, but please clear this with me first.
- Some patients experience a brief period of “let-down” or depression after cosmetic procedures. Some may subconsciously have expected to feel and look better “instantly,” even though they rationally understand that this will not be the case. Patients commonly question their decision to have a procedure during the first few days after it. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a “natural” phase of the healing process may help you to cope with this emotional state.

PLEASE FEEL COMFORTABLE TO CALL DR. BLANCHET’S OFFICE IF YOU HAVE ANY CONCERNS OR QUESTIONS. AFTER HOURS OR ON WEEKENDS YOU CAN REACH THE DOCTOR BY CALLING 804-320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**