

Recovery protocol

You have recently completed a treatment causing your face to turn red, irritated and weepy. Here are some recommendations to help you heal faster.

- You may wash your skin with gentle cleansers (such as Dove, Cetaphil or Cerave, or upgrade to Skinceutical or Neogenesis cleansers)
- Apply healing and soothing balms
 - GOOD option: Vaseline (greasy, and inexpensive)
 - BETTER options: Cicaplast by La Roche Posay – suitable for milder skin irritation or Cicalfate by Avene for more severe skin irritation
 - BEST option: Neogenesis Recovery serum, followed by Neogenesis Barrier Renewal cream, and MB2 – in that order

Apply them four times a day the first week, then twice daily until your skin has healed.

- In most severe cases, your doctor may prescribe you a topical steroid.
- If you are out in the sun, your skin has to be covered with Zinc oxide based sunscreen, hats and shirts. Samples of GOOD otc sunscreen: Blue Lizard, Cerave Hydrating face sunscreen SPF 50; other sunscreens available at our office: Elta MD Recovery sunscreen, or ISDIN Eryfotona.
- Call our office if you have blisters, or yellow crusts.