The Danebury Practice

RESURFACING FRACTIONAL LASER

Thank you for choosing The Danebury Practice for your Lynton fractional laser resurfacing treatment.

Fractional laser resurfacing creates controlled microscopic areas of treatment within the skin to stimulate skin renewal and collagen production. Following treatment, your skin will need time to recover and regenerate.

It is normal for the skin to appear red and feel warm, tight or similar to mild sunburn. Depending on the intensity of your treatment, you may also experience swelling, dryness, flaking or small areas of micro-crusting.

Please follow the aftercare guidance below carefully.

Immediately after treatment

Your skin may feel warm, tight, sensitive or similar to sunburn.

You may experience:

- Redness.
- Warmth or a burning/tingling sensation.
- Mild to moderate swelling.
- Tightness.
- Sensitivity or tenderness.
- Dryness.
- Fine micro-crusting or a bronzed appearance as the skin begins to heal.

These effects are generally expected following fractional resurfacing and should gradually improve.

Your skin will be cooled following treatment. If recommended by your practitioner, **Lynton Light Soothe** may be applied to help calm and moisturise the treated skin. Lynton recommends Light Soothe following laser treatment and SPF protection during recovery.

The first 24–48 hours

Your skin is particularly sensitive during the initial healing period.

Please:

- Keep the treated area clean.

- Handle the skin very gently.
- Avoid rubbing, scratching or picking.
- Use only the skincare products recommended by your practitioner.
- Keep the skin adequately moisturised.
- Use cool compresses if required for comfort.

Avoid:

- Hot baths and very hot showers.
- Saunas and steam rooms.
- Hot tubs.
- Strenuous exercise.
- Swimming.
- Excessive heat.
- Alcohol if it causes significant flushing.
- Facial massage.
- Other aesthetic treatments.
- Direct sun exposure.

Cleansing

Follow your practitioner's specific cleansing instructions.

When cleansing is permitted, use a **very gentle cleanser and lukewarm water**.

Do not scrub the skin or use a cleansing brush.

Pat the skin dry rather than rubbing it.

Skincare

During the healing period, keep your skincare routine extremely simple.

Use only products recommended by your practitioner, such as a gentle cleanser, appropriate moisturiser and post-treatment soothing products.

For approximately **5–7 days, or until the skin has completely healed**, avoid potentially irritating products, including:

- Retinol and retinoids.
- Glycolic, lactic or salicylic acid.
- Other exfoliating acids.
- Physical scrubs.
- Exfoliating brushes or devices.
- Strong active skincare products.
- Products containing potentially irritating fragrance.
- Any product that causes stinging or burning.

Your practitioner may advise a longer period before restarting active skincare, depending on the depth and intensity of your treatment.

Flaking, bronzing and micro-crusting

As the skin heals, you may notice:

- Dryness.
- Fine flaking.
- A bronzed or darker appearance.
- Tiny areas of superficial crusting.

This can be part of the normal healing process following fractional resurfacing. Lynton notes that a bronzed appearance can occur as epidermal debris comes to the surface, with some flaking during recovery.

Do not pick, scratch, peel or exfoliate the skin.

Allow any flaking or crusting to come away naturally. Removing it prematurely can delay healing and increase the risk of pigmentation changes or scarring.

Lynton's clinical guidance specifically advises patients not to pick, scratch or exfoliate areas of blistering, grazing or subsequent flaking.

Sun protection – extremely important

Strict UV protection is essential following fractional laser resurfacing.

Please:

- Use a **broad-spectrum SPF 50 every day** once your practitioner confirms that sunscreen can be applied.
- Avoid prolonged direct sunlight.
- Avoid sunbeds.
- Wear a hat and protective clothing when outdoors.
- Reapply SPF regularly when outdoors.

UV exposure during the healing period can increase the risk of post-inflammatory pigmentation and may affect your results.

If you develop any unexpected pigmentation changes, please contact the practice. Further laser treatment should be postponed until the skin has completely recovered.

Exercise and heat

Avoid strenuous exercise and significant heat exposure during the initial recovery period.

Heat and sweating can increase redness, discomfort and swelling while the skin is healing.

You may gradually return to exercise once the skin has settled and your practitioner has advised that it is appropriate.

Make-up

Do not apply make-up to the treated area until the skin has sufficiently healed and your practitioner has advised that it is safe to do so.

Do not apply make-up over broken, raw, blistered or crusted skin.

Your practitioner will advise you when you can safely return to your usual make-up routine.

How long will my skin take to recover?

Recovery varies according to the treatment intensity, area treated and your individual skin response.

You may experience visible redness, swelling, dryness or micro-crusting during the initial recovery period. Lynton reports that most skins undergoing its fractional Er:YAG ResurFACE treatment are fully recovered within approximately **7 days**, although individual recovery can vary.

Your skin may continue to improve after the surface has healed, as collagen remodelling continues over the following weeks and months.

When will I see results?

Initial improvements may become noticeable once the skin has healed.

Your skin may gradually appear:

- Smoother.
- Brighter.
- More even in tone.
- More refined in texture.
- Firmer.

Collagen remodelling continues for some time after treatment, so results should be considered progressive rather than immediate.

Your practitioner will advise whether you would benefit from a course of treatments and the appropriate interval between sessions.

When should you contact The Danebury Practice?

Please contact us if you have any concerns, particularly if you develop:

- Increasing rather than improving pain.

- Significant or worsening swelling.
- Severe or persistent redness.
- Increasing warmth or tenderness.
- Extensive blistering.
- Significant skin breakdown or ulceration.
- Pus or discharge.
- Signs of infection.
- Significant or unexpected skin discolouration.
- Any unexpected or worsening symptoms.

Do not attempt to treat or remove significant blistering, crusting or broken skin yourself. Please contact the practice for advice.

If you experience a medical emergency, please call **999**.

If you have any questions or concerns following your treatment, please contact The Danebury Practice. We are always happy to advise you.

The Danebury Practice
Private GP & Aesthetic Medicine
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