



*Dermatology, Skin Care
and MediSpa
For Men & Women*

ANGELO P. THROWER, MD PA.

180 NE 99th St • Miami Shores, FL 33138

Tel: 305-757-9797 • Fax: 305-757-9267

practice@drthrowerskincare.com

www.DrThrowerSkinCare.com

POST TREATMENT CARE INSTRUCTIONS

(Acid Peel, Diamond Dermabrasion or Skin Lesion(s) Removal)

5-Days Post Care Instructions:

- Stay Cool! Excessive heat can create irritation that may lead to skin discoloration.
- **USE SUNSCREEN SPF 30, for protection from prolonged direct sun exposure.**
- Wash face with cool water. **No** hot bath or shower on treated areas.
- If burning, itching, or swelling is present, insert ice cubes in small sandwich bags and ice area of irritation as needed.
- Wash face with Dr. Thrower's facial cleanser based on your skin type, follow with Dr. Thrower's Aloe Cort Cream nightly and SPF 30 in the morning and Soothing Body ointment or OTC antibiotic ointment as needed, morning and evening. Repeat this AM & PM or as needed, for 5 days then restart complete recommended skin care and treatment regimen.
- Avoid using PBC, Hydrotret, BPO 5%, Oily Skin Astringent, or any medications on treated areas, for 5 days.
- Soothing Ointment is recommended, in addition to OTC antibiotic ointment.
- Do not pick, or pull, any loosening or exfoliating or peeling skin.
- Do not allow a hair dryer to blow on the treated area.
- No tanning booths.
- No facial or body scrubs.
- No hair removal products or procedures in treated areas.
- No fillers or Botox in treated areas.
- For body lesion removal, keep area clean and protected, apply Soothing Body Ointment or Antibiotic Ointment as needed daily.

If after 5-days of following the Post Care Instructions you are still experiencing skin sensitivity contact the office at (305)-757-9797 or email practice@drthrowerskincare.com