

Cosmetic Procedure Recovery: Four Cardinal Skin Care Rules

1. Baby your skin. “To optimize your results, you want to heal without any discoloration. If your skin is really red, you really want to baby it after surgery to prevent pigmentation. Make sure you’re using mild, hypoallergenic products, like non-soap cleansers and fragrance-free moisturizers.
2. Be extra vigilant about sun protection. “The first few days after having a procedure, it’s best to avoid the direct sun,” says Steven Hopping, MD, president of the American Academy of Cosmetic Surgery. “If you go out, opt for a [sunscreen](#) that blocks alpha and beta sun rays. SPF 30 or 40 is sufficient -- the ones with higher SPF tend to block the pores, so it may be better to steer clear of them.”
3. Let your wounds heal. No matter how tempted you are to pick at your peeling skin or scabs after cosmetic surgery in an effort to speed your recovery -- don’t. You could increase your likelihood of infection or scarring.
4. Hydrate, hydrate, hydrate. Whether you’ve had a minor procedure or an all-out surgery, drinking six to eight glasses of water a day will help rejuvenate your skin from the inside out and flush any toxins from your