

## INSTRUCTIONS FOR PRE & POST OPERATIVE SURGERY –LASER RESURFACING

See the supplements recommended for use in the pre & postoperative period and medications to avoid list. You will need a prescription for Valtrex.

You need to schedule a preoperative consultation with our skin care department for instructions on the pre & post surgical care of your skin. Using the proper products is essential for recovery and results. (Products are listed below)

No smoking, Nicorette Gum or Patches, this delays wound healing.

Bring a scarf with you to surgery and wear comfortable clothing that is easy to put on and does not require to be put on over your head.

### DAYS 1-4

Apply the provided ointment to all treated areas four to six times per day. The area should never feel dry. If there is any questions about whether to apply the ointment or not, you should apply the ointment. Do not try to scrub off the ointment. It is expected that the ointment will not be fully removed between washings. Wash face by splashing face with lukewarm water as needed through the day.

Apply ice compresses (use 4X4 gauze pads dipped in ice water and wrung out) to the laser areas as often as can be tolerated for the first 24 hours. After that period you may continue the ice compresses for 30 minutes at least every two hours for a total of 48 hours.

Drink plenty of fluids. At least six glasses of water a day. Sleep with your head elevated on two pillows. Pain is uncommon after the laser treatment. The treated area will feel similar to a sun burn. It will tingle or sting for a few minutes. Any discomfort which does occur may be alleviated by applying ice compresses. You may use oral Benadryl, not topical. Significant pain should be reported to the doctor. You may also take Tylenol. You may bathe but do not rub face. Wash your hair with baby shampoo.

Infection is unlikely to occur if the area is properly cared for. Notify the doctor immediately if you experience any of the following symptoms or signs:

- Sudden increased pain

- Fever

- Small pustules

Note: A soft moist scab is yellow and is normal. It is not an infection. This is exactly what needs to be cleaned away in the first four to seven days.

## DAYS 5-8

Continue applying the ointment four to six times per day and washing with warm soapy water. DO NOT SCRUB.

Redness of your skin is expected. The redness will subside over time. The length that you are red will depend on your skin type and the amount of treatment needed to resurface your face. Makeup can only be applied once the area is smooth, red, or pink, and not crusting. You may have itching. Take Benadryl (over the counter oral not topical). Do not scratch your skin. Do not apply makeup until you are told it is okay by the physician.

## WEEKS 2-12

No direct sunlight should touch your face for at least six weeks. Sun-bathing is not recommended at any time. Please note for optimal success of this procedure it is important that you not go outside for the first seven to ten days. Use sunscreen to protect your face even if not directly in the sun. Consult our skin care specialist for instructions and products.

Wear protective scarf, hat, and sunglasses to all post operative appointments.

Call the office for a follow up appointment as instructed by the discharge planner. Remember we are always available to answer any questions: (586) 779-3030 After hours (313) 396-0787

### Pre-op Products

Glycolic Cleanser (pre-op/ post 6 to 8 weeks after, as instructed)  
Retinol (pre-op ASAP/resume 6 to 8 weeks after, as instructed)  
Hydroquinone Therapy (pre-op ASAP/resume 6-8 weeks after, as instructed)  
Sunscreen (pre & post)

### Post-op Products

|                      |                         |
|----------------------|-------------------------|
| Cicalfate            | (immediate post period) |
| Thermal Spring Water | ( " " " )               |
| Toleraine Bar        | ( " " " )               |
| RPS Moisturizer      | (start day 5-8)         |
| Sunscreen            | (start day 5-8)         |

\*\*\* (Resume pre-op products when instructed)