

Laser Skin Resurfacing Post-Operative Instructions

Instructions

- Have someone drive you home after your procedure and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your physician.
- Do not drink alcohol when taking pain medication.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Continue to take the Acyclovir after your procedure, if prescribed.

Activities

- Do not drive until you are no longer taking any pain medications (narcotics).
- More strenuous activities should be avoided for 4-6 weeks.
- You may return to work as tolerated or per doctor's recommendations.

Treated Area Care

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep lasered areas clean and clear and inspect daily for signs of infection.
- Wash your face with soap and water at least 3 times daily. Do this as often as necessary to avoid a build-up of the weeping discharge and resulting crusts. Do not pick the crusts off the treated areas.
- Apply a thin layer of Aquaphor (available at any drug store) to the lasered areas after each washing.
- You may blot the area with a gauze pad, but be sure to reapply the ointment to keep the area moist.
- Ice packs can help with swelling.
- Do not apply makeup until approved by your surgeon.
- Protect the treated area from the sun until all color has returned to normal. Shade face with hat/visor whenever you go out into the sun.
- If resurfacing was done around the eyes, wear good quality sunglasses with UVA and UVB 100% filters.

What to Expect

- The day of surgery your skin will appear to be deep pink to red, as with a sunburn. This will increase in severity on the second day.
- You will have a weeping discharge from the lasered areas. This discharge will be light pink/gold in color.
- Swelling is expected and may be more pronounced in the lips and around the eyes.
- You will experience a stinging sensation immediately after the procedure. This may advance to a burning discomfort later in the day and evening, but will improve over the next few days.

- Your skin will heal over the next 2 weeks, leaving the lasered areas with a bright pink coloration.
- Your skin will feel tight and smooth. Continue to use the recommended moisturizing agent (Aquaphor) to the skin surface.
- You will experience increased sensitivity to makeup and acute sun sensitivity.
- Return pigmentation and light exposure in 6-12 months.

Appearance

- Pinkness or redness of skin may remain up to 6 months.
- Usually, your skin will be free of crusts in about 10 days postoperatively.
- Final results of surgery may take several months to appear.

Follow -Up Care

- You will be seen in the clinic on a weekly basis until you are healed.