

INSTRUCTIONS FOLLOWING SURGERY

bathing

- You will not cleanse the skin or shower for the first 24 hours after your treatment.

wound care

- Keep a heavy coating of Aquaphor on the treated area for 72 hours.
- You will not cleanse the skin or shower for the first 24 hours after your treatment.
- Use white vinegar to wash your face (1 part white vinegar to 3 parts water) in between Aquaphor treatments to cleanse and protect skin from infection. (Can be done 3 times a day).
- If applicable, continue antiviral medication.
- Do not allow skin to dry out!

reasons to call

- Significant swelling – especially around the eye area.
- Fever greater than 100.4 degrees Fahrenheit (38 degrees Celsius).
- Pain not relieved by pain medication.

medications

- Some post-treatment pain is to be expected.
- Call the office if you have severe pain that is not relieved by pain medication.
- You may take non-aspirin pain relievers such as acetaminophen or Tylenol for lesser pain.
- Do not use aspirin or aspirin-containing drugs (Anacin, Bufferin, Bayer, Excedrin, etc), Nonsteroidal anti-inflammatory drugs (Advil, Motrin, Ibuprofen) as these medications interfere with blood clotting and may increase bleeding risks.

what to expect

> days 1-3

- You will have areas of the skin that will be slightly raw and sensitive.
- There will be some mild weeping of the skin tissue which is to be expected. The depth of the treatment will determine how much weeping and crusting is seen or whether the skin just appears to have suffered a moderate sunburn effect.
- The redness and sensitivity of the skin will normalize in a matter of 5-14 days based upon the depth of the treatment.
- Redness can last months after the laser treatment.

please see page 2

Important: there is a second page of recovery notes for this treatment.



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what to expect

> days 3-7

- The peeling process will begin.
- Do not pick or pull skin as it will cause added injury to the skin.
- Use the Foamy Cleanser in the kit for sensitive skin morning and night.
- Wash your face using hands only, do not use hot water (tepid water).
- Apply the soothing peptide AM/PM and pat into the skin, add the intensive soothing balm on top of the soothing peptide AM/PM.
- Do not rub in a circular motion as this will assist the peeling process before it is ready, leaving the skin more irritated.
- Apply the sunscreen that is included in the kit anytime you are outside even in the hours after 5PM you are still getting UV exposure; the skin will be extremely sensitive for months after laser resurfacing.
- If you experience raw areas, you may use over the counter hydrocortisone ointment in the affected area for healing and comfort. (No aloe or added ingredients).
- Follow up visits are required on day 3 and day 7 post treatment.

questions/concerns?

We have a doctor on call 24 hours a day. We are here for you! **Call us at 336-765-8620.**

