

# Post Op Instruction for Laser Resurfacing

The laser procedure has the ability to produce the most dramatic results in skin rejuvenation. It also has one of the more recoveries.

**This first week after laser skin resurfacing is challenging in terms of care. You will be swollen, covered with creams and not presentable to leave the house. This all begins to change at about day 5-6.**

**1. RECOVERY-** Remember that the reward is at the end of the healing journey. Laser resurfacing removes the outer layers of the skin. It is very important to manage this treatment to ensure proper healing. As with any burn, do not touch your face without washing hands. Bacterial and yeast infections can occur if you touch other body parts then touch your face. We recommend that you take a bowl and fill it with water and ice cubes and soak several wash cloths (or gauze) in the bowl and keep the bowl in the refrigerator. Apply the cold cloth to the face and this will ease the discomfort or use the face ice pack and leave it on your face more than 10 or 15 minutes. Doing this will wash off the Healing Ointment so remember to place a good coat Healing Ointment over the treated areas when needed. For the first 5-6 days, you need to keep your face greasy and clean.

Iced water soaked gauze or wash cloths will ease the discomfort and decrease swelling after skin resurfacing.

**2. THE FIRST 48 HOURS** your face will ooze and swell and then will quickly improve. Generally the procedure is not extremely painful, and feels more like a sunburn. Some of our patients do not require pain medication but, I would recommend taking a dose of your pain medicine about 1/2 hour before going to bed then shower and wash your face immediately before going to bed. I also recommend taking a pain pill immediately upon awakening in the morning and taking a shower 1/2 hour after that. This way, you will be taking 2 showers per day and soaking and washing your face.

### **3. PRODUCTS**

\*\*\*Thermal Spring Water. It is recommended to use the Thermal Spring Water for cleaning and cooling the skin. Spray is a fine mist on your skin, wait 2-3 minutes, then gently pat dry and replace your healing Ointment.

\*\*\***Antioxidant Gentle Cleanser.** The goal is to soak and gently remove the dead skin and residue from the creams. Your body will secrete serum in a normal response to the burn to the skin and this will tend to accumulate like a yellowish paste, especially around the lower lids and mouth. It is "nature's Band Aid" and help protects the healing skin. Although it looks unsightly, do not aggressively attempt to scrub it off. If the crusting is severe, soaking the area (usually lower lids) with hydrogen peroxide several minutes before your shower will help reduce them. If some of the yellowish paste comes off in the shower, that is fine and it will all come off soon, but if you remove it and the underlying skin bleeds, you are being too aggressive.

**\*\*\* Sunscreen** – Keeping sun off the face is very important (especially in the south) and important for proper healing. All patients should avoid direct sunlight for 4-6 weeks after procedure. Using sunscreen, sunglasses, and a wide brimmed hat are necessary. It is also important to protect your healing skin from sunlight that comes through car or office windows. Using a high quality sun screen with at least SPF 30 is recommended.

#### **4. OVERVIEW**

**Day 1** – Ice packs and “grease” (Post Procedure Skin Barrier Healing Ointment recommended)

**Day 2-** Begin showering twice a day and gently washing face along with prescribed ointment.

**Day 5 to 7-** Begin using Post Procedure Recovery Cream instead of ointments if skin is smooth, without crusts and not oozing.

**Day 7 to 14-** Continue with face washing and moisturizer, makeup can be applied when skin is smooth and pink, without crusting. Begin using sun screen by day 14 or earlier if outside or riding in car. Your laser resurfacing is a safe and predictable procedure, but is reliant on multiple medications to prevent viral and bacterial infection, reduce swelling, control discomfort and assist in sleeping if necessary. It is imperative that you understand the prescription regimen and take the medicines as directed. Some of the medications are patient dependent.

#### **4. MEDICATIONS**

**Keflex** (antibiotic medication given to some patients) – this medication will protect your healing skin from bacterial infection. You should not take this medication if you are allergic to penicillin. In the case of allergy, we will prescribe you a different antibiotic. The Keflex should be taken every 6 hours around the clock until gone. We prefer that you begin this medication 24 hours before your laser procedure.

**Prednisone** – this is an anti-swelling medication (only given to some patients) and will decrease your swelling after your procedure. The Prednisone should be started after procedure and 3 tablets every morning for 5 days.

**Pain and Discomfort Medication** (given to all patients)– you will receive a prescription for discomfort. You only need to take this medication if you have discomfort. If you wish, you may take Tylenol or Advil instead. If you have had other procedures such as eyelid procedure, facelift or brow lift with your laser, then do not take aspirin, Advil or any medication that increases bleeding. Tylenol is safe. Prednisone Anti-swelling If needed 3 tabs every morning for 5 days until Pills are gone, Diazepam Sleeping aid If needed 1.5 hours before bed if needed When sleeping normally