

CO2 or SCITON POST OPERATIVE LASER RESURFACING INSTRUCTIONS

Introduction

The following is a list of general instructions for your care following your laser treatment. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed after the laser procedure. Carefully following these instructions should help you get the best results from your surgery.

After your laser treatment

Following your surgery, you must have another adult stay with you for the first night. You should plan on remaining within thirty miles from the location of your surgery for this first night. It is also important for you to keep your head elevated the evening after surgery as well as for the first two weeks following surgery. This can be done by either sleeping in a recliner tilted at 45 degrees or sleeping with two pillows underneath your head. Avoid rolling onto your face. Sleeping on your back for the first two weeks helps to ensure this.

The next day after your resurfacing procedure, we will see you back in the office. At this time we will review your daily care.

Daily Care

1. Taking 4x4 gauze soaked with tap water (Possibly vinegar soaks), gently go over all resurfaced areas six times a day. The goal with each cleaning is to remove the exfoliating skin and crusting that develops. This should be a gentle process with no scrubbing or abrading. If you have pain or develop bleeding you are scrubbing too hard. Lots of water and frequent cleanings are most important.
2. After each cleaning apply with Q-tips a thick coat of Aquaphor ointment. This should look like icing on a cake. This will provide the moisture your skin very much needs during the healing process.
3. Following these directions and keeping your skin well lubricated will help quicken the healing process.
4. By day 10 to 12 your skin will be completely resurfaced. At this point you may still use the Aquaphor ointment as needed for moisture. We will coordinate a makeup session to review skin care and demonstrate how to camouflage the pink color of your skin.
5. You will be given a prescription for an antiviral medication called Valtrex to start 3 days prior to surgery to prevent fever blisters/cold sores. You will take this medication for at least 2 weeks.

Please let us know if you do not have this prescription.

Mark M. Hamilton, M.D., FACS

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What to expect

Swelling

Swelling will vary patient-to-patient. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first week. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three weeks. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoiding bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first month.

Discoloration

Bruising will vary like swelling from patient-to-patient. Most bruising and discoloration should resolve over the first week. A light pink color can be expected to last up to six weeks. Makeup, with Dr. Hamilton's permission, can be applied about 10 days after the laser treatment.

Numbness

Your face will be numb following the procedure because of local anesthetics that we inject at the time of surgery. Expect this to wear off during the first six to twelve hours.

Depression

It is not uncommon for patients to go through a period of mild depression after cosmetic surgery. This typically occurs the second week after surgery while some of the swelling and bruising still persist and yet the patient is anxious to see a final result. Realize this is a temporary condition and things will improve. Focus on diligently following the wound care as well as other activities to help divert your mind.

Restrictions

1. No strenuous exercise for at least two weeks
2. No heavy lifting for three weeks

Possible Complications

Hypopigmentation, hyperpigmentation, prolonged redness, scarring, persistent rhytids.

Finally

The healing time for laser surgery is often less than expected and the results are worth the wait. While most discoloration will fade over the first month, your healing will continue for several months. I will follow you through this entire process but be patient.

Please do not ever hesitate to contact our office.

Mark M. Hamilton, M.D., F.A.C.S.

Signature

Printed Name

Date