

FRACTIONAL (FX) CO2 LASER RESURFACING POST OPERATIVE 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

It is important for you to keep your head elevated the evening after your procedure as well as for the first week following your laser treatment. 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 week helps to ensure this.

Daily Care

1. Taking 4x4 gauze soaked with warm or tepid tap water, 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 seven 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.

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 one week 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.

Mark M. Hamilton, M.D., FACS

Diplomate American Board of Otolaryngology, Diplomate American Board of Facial Plastic Surgery & Reconstructive Surgery
170 West 106th Street, Carmel, IN 46290 / 533 East County Line Road, Suite 104, Greenwood, IN 46143
(317) 859-3810 Phone (317) 534-5510 Fax · www.hamiltonfps.com

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.

Please do not ever hesitate to contact our office.

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

Signature

Printed Name

Date