

## CO2 OR SCITON Laser/Chemical Peel/ Dermabrasion: POST-OPERATIVE RESURFACING INSTRUCTIONS

The following is a list of general instructions for your care following your resurfacing 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 procedure. Carefully following these instructions should help you get the best results from your surgery.

### After Your Laser Treatment

- Have another adult stay with you for the first night.
- Plan to remain within thirty miles from the location of your surgery for this first night.
- Keep your head elevated the evening after surgery and for the first two weeks. Sleep in a recliner tilted at 45 degrees or with two pillows underneath your head. Avoid rolling onto your face — sleeping on your back helps ensure this.
- The next day after your resurfacing procedure, we will see you back in the office to review your daily care.

### Daily Care

- Taking 4x4 gauze soaked with tap water or vinegar soaks solution (see attached instructions for making), gently go over all resurfaced areas six times a day. The goal is to remove exfoliating skin and crusting. 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.
- After each cleaning, apply with Q-tips or a tongue blade a thick coat of Aquaphor ointment (Other options include Vaseline or Crisco). This should look like icing on a cake. This will provide the moisture your skin very much needs during the healing process.
- Following these directions and keeping your skin well lubricated will help quicken the healing process.
- 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.
- 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.
- Once resurfaced, we recommend using either Cetaphil or Cerave cleanser and moisturizer. This will be discussed when you are given the ok to move away from the six times a day cleaning.

### What to Expect

**Swelling:** Swelling will vary patient-to-patient. Swelling may actually increase the first three to four days before subsiding. Most swelling should resolve over the first week; expect minor fluctuations over the next two to three weeks. To minimize swelling, keep your head elevated as much as possible over the first two to

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three weeks, avoid bending over or heavy lifting for the first three weeks, and avoid prolonged sun exposure for the first two to three months or until all redness and discoloration has faded.

**Discoloration:** Bruising will vary patient-to-patient. Most bruising and discoloration should resolve over the first week. A light pink color can be expected to last up to three to four months. Makeup may be applied about 10 days after the laser treatment with Dr. Hamilton’s permission.

**Numbness:** Your face will be numb following the procedure due to local anesthetics injected at the time of surgery. Expect this to wear off during the first six to thirty-six hours depending on the local medication used.

**Depression:** It is not uncommon to go through a period of mild depression after cosmetic surgery. This typically occurs the second week while some swelling and bruising still persist and yet you are anxious to see a final result. This is temporary — focus on wound care and diverting activities.

### Restrictions

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- No strenuous exercise for at least two weeks
- No heavy lifting for three weeks

### Possible Complications

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

### A Note on Healing

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The healing time for skin resurfacing 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. Dr. Hamilton will follow you through this entire process. Please do not hesitate to contact our office at any time.

*By signing below, I acknowledge that I have received and reviewed these post-operative instructions, that my questions have been answered to my satisfaction, and that I understand my post-operative care responsibilities.*

Printed Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_