



FLATIRONS DERMATOLOGY

Laser Skin Resurfacing After-Care Instructions

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and follow balanced diet.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by Dr. Smith.
- Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Continue to take the **Acyclovir** after your procedure as directed.

Activities

- Start walking as soon as possible.
- Do not drive until you are no longer taking any pain medications (narcotics).
- More strenuous activities should be avoided for 1 week.
- May return to work in 7-10 days.

Appearance

- Pinkness or redness of skin may remain up to 3 months.
- Usually, your skin will be free of crusts in about 10 days postoperatively.
- Final results of surgery may take several months to appear.

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Treated Area Care

- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep lasered areas clean and clear and inspect daily for signs of infection.
- Gently cleanse the lasered area with Cetaphil or Cerave every hour while awake for the first 2 days. After cleansing, ice the area 15 minutes every hour on top of a damp washcloth or cloth soaked in ¼ strength vinegar.
- Ice packs can help control swelling.
- Rinse the area and apply a thin layer of Aquaphor ointment to the lasered areas.
- Do not pick the crusts off the treated area.
- You may blot the area with a gauze pad (do NOT scrub), but be sure to reapply the ointment to keep the area moist.
- Sleep with your head elevated on 2-3 pillow for the first 3 nights.
- Do not apply makeup until approved by Dr. Smith.
- Protect the treated area from the sun until all color has returned to normal, about 2 weeks. Shade face with hat/visor whenever you go out into the sun.
- If resurfacing was done around the eyes, wear good quality sunglasses with UVA and UVB 100% filters.

What to Expect

- Temporary stinging, throbbing, burning sensation, redness, swelling, bruising, and excess fullness.
- The day of surgery your skin will appear to be deep pink to red, as with a sunburn. This will increase in severity on the second day.
- You will have a weeping discharge from the lasered areas. This discharge will be light pink/gold in color.
- You will have crusting/sloughing for 3-7 days.
- Swelling is expected and may be more pronounced in the lips and around the eyes.
- You will experience a stinging sensation immediately after the procedure. This may advance to a burning discomfort later in the day and evening but will improve over the next few days.
- Your skin will heal over the next 2 weeks, leaving the lasered areas with a bright pink coloration.
- Your skin will feel tight and smooth. Continue to use the recommended moisturizing agent to the skin surface.
- You will experience increased sensitivity to makeup and acute sun sensitivity.

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Follow-Up Care

- Follow up as directed.
- Make sure you take all medications prescribed by Dr. Smith.

When to Call

- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.5 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you notice any herpes lesions on the lasered surfaces.

For Medical Questions, Please Call: (303) 404-3376

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