

## Fairfield County Plastic Surgery

### ***Postoperative Instruction Sheet for Laser Resurfacing***

Laser treatment removes the top layers of the skin as well as individual wrinkles and will cause a significant wounding of the skin over the next 7 - 10 days. These post-operative instructions are designed to minimize the risk of infection and to maximize the inherent healing process of the skin. Please follow these instructions carefully and as you will see the main point of the instructions is to make sure that your face is kept constantly moist and covered with plenty of ointment. If you have any questions at this time, please call our office at 203-838 8844.

*Wear comfortable clothing the day of surgery (something that zips or buttons from the front). Leave all jewelry at home. Bring a "**Headband**" to wear home from surgery.*

1. You must discontinue all previous used ointments or creams such as Retin-A, moisturizers, glycolic acid creams, etc. until your doctor instructs you to restart these preparations.
2. Start Valtrex 500mgm two days before surgery twice daily. Continue taking the Valtrex twice a day for the full ten days after the surgery has been performed.
3. Continue taking Zithromax as instructed until they are completely used up (3 days) post-op. Take all other medications as directed. See Medication Sheet.
4. Keep Aquaphor applied to your face in sufficient amounts at all times to prevent drying of the skin. Don't be afraid to put on too much Aquaphor but try to keep the Aquaphor from getting in your eyes as much as possible.
5. Use saline solution, with white gauze two times a day to remove all crusts of Aquaphor. Then reapply Aquaphor
6. If you have artificial nail tips use gloves to do all facial dressings
7. You may use ice packs or a pack of frozen peas on your face as much as is comfortable. Packages of frozen peas may be refrozen many times and mold to the face very nicely. This will soothe and decrease swelling.
8. For the first 24-48 hours you can expect significant swelling. This is normal. The ice packs will minimize the swelling.
9. You may experience some burning sensation over the first 24-48 hours. You will be given pain medication for this, which you may take as directed as well as sleeping medications if this is necessary. Burning should abate in approximately 48-72 hours.
10. You may take antihistamines such as Benadryl (50 mgm every 6 hours) to relieve the itching, however this will cause drowsiness.
11. Prolonged itching or pain may be a sign of infection. Please call the office immediately if in doubt so that we can see you.