

# Laser Skin Resurfacing

## PREOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

Have your prescriptions filled.

Do not take Aspirin, Ibuprofen, Anaproxin, herbs or vitamins for two weeks before or after surgery. These products may cause bleeding and bruising. You may take Tylenol.

If you take any other medication daily, please notify the Doctor.

## DAY OF SURGERY

1. Cleanse face well just prior to your appointment
2. Do not wear make-up.
3. Wear comfortable clothing. Do not wear anything the requires being pulled over your head.

## POSTOPERATIVE CARE

1. Soak the treated are for 10-15 minutes, four times a day using 1 tablespoon of white vinegar in 1 cup of cool water on a soft washcloth. Dead skin and scabs can be removed by gently soaking them off. ***Do no pick or rub to remove dead skin or scabs.*** This may increase the risk of scarring.
2. After soaking, pat the skin dry with a soft towel. When the skin is completely dry apply a layer of Vaseline Petroleum Jelly over the treated areas. Reapply the ointment whenever the skin feels dry.
3. Sleep on your back with your head elevated on a few pillows for the first few days to prevent or decrease facial swelling.
4. If the skin around the mouth is swollen or tight, drink using a straw.
5. Avoid strenuous exercise for two weeks to avoid irritating the skin.
6. Do not expose the skin to the sun for two weeks. After healing is complete, we strongly recommend using sunscreen at all times.
7. Most laser peels today are supplemented by the use of creams such as Retin-A, which causes a constant turnover of the top layers of skin, further improving its integrity. Dr. Conkright will instruct you when to resume the appropriate strength of Retin-A or other creams.

## POSTOPERATIVE EXPECTATIONS

1. Mild to moderate redness is expected for 1-2 weeks and will fade gradually over 4-6 weeks.
2. Oozing of clear fluid from the treated sites may occur for 3-7 days.

3. Mild to moderate swelling is normal and may last from 3-7 days.
4. Mild burning of the treated sites may occur and should resolve in 1 week.

**FOLLOW-UP CARE**

1. A follow-up appointment card will be given to you the day of your surgery.
2. Please make arrangements to have a ride home following the procedure.
3. Call the office immediately if you have any unexpected problems or worsening of the above symptoms.