
LASER RESURFACING POST TREATMENT INSTRUCTIONS

Edina Plastic Surgery, Ltd.

Immediate Postoperative Care

- Redness normally persists for 7-14 days depending on the depth of the peel.
- Sleep in a recliner or reclined like position using pillows to elevate your head and your legs. Keep your head elevated at all times.
- Use cold compresses or ice packs will help relieve the swelling. (10 minutes on, 10 minutes off)
- Follow the instructions provided with your skin products post laser treatment:
 - For 7-10 days following the procedure use **Recovery Ointment** on skin only. Gently cleanse skin AM and PM with **Sensitive Skin Cleanser** washing 2-3 times per day to get **Recovery Ointment** off skin. Saturate gauze with 1 tbsp of white vinegar and 1 cup of water mixture on skin. Gently press on skin to saturate treated area. Pat dry and apply a thin layer of **Recovery Ointment**. Repeat as needed.
 - After day 7-10, start using a 50/50 mix of **Recovery Ointment** and **Barrier Repair Cream** during the day and **Recovery Ointment** alone in the evening.
 - 2 weeks from the date of the procedure, begin using mostly **Barrier Repair Cream** and discontinue using **Recovery Ointment**. Start trying the recommended post procedure skin care products during the day, and adding **Barrier Repair Cream** on top if needed.
 - By week 3-4, you should only be using the recommended post procedure products during the day and night, only using the **Barrier Repair Cream** in the evening if needed.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. Do not pick, rub, or force off any skin during the healing process. This could result in scarring and infection. Gently washing the skin more frequently will help promote healing.
- When showering, be sure to avoid getting shampoo direction on the treated area. Take your shower with the back of your head angled toward the water to avoid directly hitting your face with the full force stream of the water.
- If an antiviral medication was prescribed for you, continue to take as directed.
- You should get up and walk around your home for brief intervals, have assistance when standing and walking for the first 24 hours.
- Do not drive a car or operate any heavy machinery for 2-4 days, or while taking narcotic pain medications.
- Eat light bland meals for the first few days. Remain on a soft low sodium diet to decrease swelling. Avoid spicy, acidic, greasy, and fried foods which may upset your stomach after anesthesia.
- Take your pain meds with food to avoid upset stomach/nausea sometimes experienced with narcotics. If you experience any itching, hives, rash, headache or nausea after taking any of your medications, you may be having an allergic reaction to one of them. If this occurs, please call our office and we will change your prescription.

While Recovering

- Be very careful pulling clothing over your head to not rub or pull on your face.
- Avoid strenuous exercise and sweating until after the skin has healed.
- Avoid direct sunlight for up to two months post treatment.
- Once skin has healed and you are permitted by your provider, you may begin to wear makeup. At this time, a sunblock should also be worn on a daily basis to help prevent any hyperpigmentation issues that could be caused by direct or indirect sunlight. Sun block should be used vigilantly for at least 3 months after the procedure. **Sheer SPF 50+ Sunscreen** has been provided to you.
- Do not use heating pads, hot tubs or sit in a tanning bed without first consulting your physician. Do not swim in a pool, lake or ocean until the skin has completely healed.
- Following your procedure, your body will need fluid replacement. Attempt to increase your water intake, especially while taking your prescribed pain medication(s).

WARNING

If you have any concerns or problems, please do not hesitate to call for assistance:
Edina Surgery Center / Edina Plastic Surgery Clinic: (952) 925-1765 or 1-800-965-1765
Member of American Society of Plastic Surgeons

After Hours: (952) 924-8125
www.Edinaplasticsurgery.com

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There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage - looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5° F or greater
- Extreme itching

Patient Signature:

Date: _____ Patient ID #: _____ Witness:

