

CO₂ Laser Skin Resurfacing Instructions

YOU WILL NEED TO PURCHASE: 4X4" GAUZE PADS, WHITE VINEGAR, AQUAPHOR, PRESCRIPTIONS.

Evening Before Surgery/Procedure

1. **DO NOT SMOKE, EAT OR DRINK (including water) ANYTHING 8 HOURS PRIOR TO SURGERY IF HAVING GENERAL ANESTHESIA.** This includes gum, candy, mints, etc. In-office procedures may resume normal diet.
2. Take medications as prescribed/directed.

Morning of Surgery/Procedure

1. Shower/bathe and wash hair (if not done the night before). Wash face thoroughly and be sure ALL makeup is removed.
2. If procedure will be performed using local anesthesia, you will likely be instructed to present to the office one hour prior to planned treatment time. Our team will apply topical anesthesia to the area being treated. This is a very comfortable process. Bring any reading materials, iPads, Kindles, etc. to keep you company. Guests are also welcome to remain in the room during the topical numbing process.
3. If the procedure you are having involves **laser only, and your medical condition allows**, take two (2) aspirin tablets prior to the procedure. Take any other medications prescribed by our office as directed.

After Surgery/Procedure

1. You may experience a feeling similar to a severe sunburn in the treated area(s) for several hours or more after the procedure, depending on the extent of your laser. You may use cold packs, frequent showers or splashing of cool water on the face. **Do not use soap.**
2. Rest quietly with your head elevated for the first 72 hours.
3. Take two (2) additional aspirin tablets three to four (3-4) hours after surgery/procedure and again eight (8) hours after surgery **if instructed to do so.** If you are experiencing pain or discomfort, you may also use anti-inflammatory products such as Motrin or Advil **if instructed to do so.** If procedures were performed in addition to your laser, Tylenol/Extra Strength Tylenol should be used.
4. If small areas are treated with the laser, a white bandage (Flexan) will be applied immediately after your procedure. The bandage will be removed at a post-op appointment two to five (2-5) days after your procedure. The bandage may pull away from the skin, especially around the mouth/lower lip. Try to apply pressure with your fingertips to the area for 30-60 seconds to re-adhere.
5. Once the treated area is exposed (removal at the office or inability to re-adhere Flexan), vinegar soaks/cleansing begins. Five to six (5-6) times a day, dip 4x4" gauze pads in **one (1) cup water : one (1) tablespoon white vinegar** and soak/gently wipe the treated area to remove any crusting. Immediately apply a thick coat of Aquaphor to the treated area. Treated areas must be covered in a thick coat of Aquaphor **at all times** to ensure proper healing. **Do not discontinue vinegar soaks and Aquaphor until instructed to do so by our office.** Cleaning the area may cause minor spot-bleeding. This is quite normal but should indicate a slightly lighter pressure be used when cleaning until the area is healed.
6. You may shower 24 hours after surgery. Remember, **DO NOT USE SOAP ON THE TREATED AREA(S).** If Flexan has been applied, try to keep this area as dry as possible.
7. Exercise may be resumed ten to fourteen (10-14) days after your laser procedure. Exercise may exacerbate the redness, but this may be lessened with cold packs after exercising.

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Other Instructions

1. If the area to be treated with laser includes around the mouth, you will be started on anti-viral medication three (3) days before your surgery continuing at least one (1) week after your surgery/procedure. This minimizes the risk of developing cold sores/fever blisters. It is important to contact the office immediately both before and after your surgery if you develop unusual tingling of your lip or the early stages of a cold sore.
2. If having full face laser, glasses may not be worn for five to seven (5-7) days. Contacts may be worn anytime.
3. Typically, the redness from the area(s) treated with laser may be covered up by makeup approximately seven to ten (7-10) days following your surgery/procedure. Instructions on when to do so will be given on an individual basis at your post-op visits. Initially, it is best to use makeup sparingly and apply moisturizer and other skincare products recommended by our office. Concealing makeup by Jane Iredale (water-based makeup, safest to use after surgery/laser) may be purchased through our skin specialist, Annie Bruno, RN, at your post-op appointment.
4. Redness resulting from your laser treatment may last up to six to eight (6-8) weeks, maybe longer. In some cases, a steroid cream may be prescribed to lessen the redness. If prescribed, **do not use this cream for longer than five (5) days.**
5. Resurfacing/bleaching facial creams will be resumed **only when instructed by Dr. Hobgood.** This typically will not be for four to six (4-6) weeks after your surgery/procedure. If instructed to do so, introduce one product at a time, waiting at least one (1) week before introducing the other product to your skincare regimen.
6. **Protection from sunlight is absolutely imperative/essential for six (6) months after your procedure.** The first two (2) months are the most critical. Splotchy pigmentation may result if sun exposure is not limited. Use a quality sunscreen, broad-spectrum (UVA **and** UVB protection), with an SPF of *at least* 20, wear a brimmed hat, and wear sunglasses. Patients will meet with Annie Bruno, RN, to discuss optimal post-treatment strategies and coordinated skincare.

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.