

CO2 LASER SKIN RESURFACING INSTRUCTIONS

You will need to purchase: 4" x 4" gauze pads, white vinegar, Aquaphor, and prescriptions.

Before Surgery:

1. You will be given a prescription for a resurfacing facial cream (Renova, Retin-A, Avage, Retinol Complex or Kinerase). This cream should be used for seven to twelve (7-12) days before surgery and then discontinued for two (2) days before your scheduled surgery. You will also be given a prescription for a bleaching cream (Eldopaque, EpiQuin or Bleacheze) to be applied in the same time regimen as the above-mentioned cream. Using these two products help precondition the skin, minimize demarcation lines with untreated areas, and promote ultimate results and success of the surgery.

Evening before surgery:

1. **NOTHING** to eat, to drink, or smoke after midnight if having general anesthesia.
2. Take medications as directed.

Morning of surgery:

1. Shower/bathe and wash hair (if have not done so the night before). Wash face thoroughly and be sure ALL make-up is removed.
2. If procedure will be performed using local anesthesia, you will need to apply numbing cream (Elamax) beginning two (2) hours before surgery time. You may also need to take anti-anxiety medication (Valium) and pain medication (Percocet). Remember, you **MUST** have a driver for general anesthesia or if taking medication preoperatively.
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 that have been prescribed to you by our office.

After surgery:

1. You may experience a feeling similar to severe sunburn in the laser area for several hours or more after the procedure, depending on extent of lasering. 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 and again eight (8) hours after surgery, **if allowed**. If you are experiencing pain or discomfort, you may also use anti-inflammatory products (Motrin, Advil) **if allowed**. If other procedures were performed, Tylenol, extra-strength Tylenol or prescribed pain medication should be used.
4. If small areas are treated with the laser, a white bandage (Flexan) will be applied immediately after procedure. The bandage will be removed during an appointment two to five (2-5) days after 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 in attempts to re-adhere.

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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 to 6) times a day, dip gauze pads in **one cup water and one tablespoon vinegar** and soak/wipe area to remove any crusting. Immediately apply a thick coat of Aquaphor. Keep treated areas covered with Aquaphor at all times. It is important to keep skin moist and not allow it to become dry/crusty. **Do not** discontinue vinegar soaks and Aquaphor until instructed by our office.
6. You may shower 24 hours after surgery. Remember **DO NOT** use soap on the laser area. If Flexan has been applied, try to keep this area as dry as possible.
7. Exercise may be resumed 10-14 days after the laser procedure. Exercise may exacerbate the redness, but this can be lessened with cold packs after exercising.

Other Instructions/General Information:

1. If the area to be lasered includes around the mouth, you will be started on Zovirax (anti-viral) medication three (3) days before your surgery and continuing for at least one (1) week after surgery. 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 at anytime.
3. The redness from lasered area may be covered up by make-up approximately seven to ten (7-10) days after the procedure. Instructions on when to do so will be given on an individual basis, at your return visit, post operatively. Concealing make-up, which can be purchased thru our office after consultation with our skin care specialist, can be used as a base, followed by water-based face make-up. Initially, it is best to use make-up sparing and apply moisturizer, or other products recommended by our office, frequently. While at home, use Aquaphor continuously unless otherwise instructed.
4. The redness that results from the laser procedure is expected to last for at least six to eight (6-8) weeks, maybe longer. In some instances, a steroid cream may be prescribed to lessen the redness. If prescribed, **DO NOT** use this cream for more than five (5) days.
5. Prescribed facial creams (resurfacing/bleaching creams) will be resumed **ONLY** when instructed by Dr. Sullivan. This will not usually be for four to six (4-6) weeks after surgery. Introduce one product at a time, waiting one to two (1/2) weeks before adding another product to your skin care regimen.
6. Protection from sunlight is absolutely essential for six (6) months after the procedure. The first two (2) months are the most critical. Splotchy pigmentation may result if sun exposure is not limited. *Using a quality sunscreen with SPF of at least 20 and containing both UVA and UVB protection, wearing a brimmed hat, and using sunglasses are essential.*

Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.