



POST-OPERATIVE CARE

LASER SKIN RESURFACING

These are the specific instructions for your laser skin resurfacing. Please read them together with your General Post-Operative Instructions, which apply after every surgery. If you have questions, call the office at (410) 266-7120.

ITEMS NEEDED FOR POST-CO₂ LASER CARE

- ◆ Tub of Aquaphor ointment
- ◆ 4x4 gauze pads
- ◆ The first night you will be asked to apply a new layer of Aquaphor every 3–4 hours, with NO cleaning or wiping of your skin during this period. Starting the day after your procedure you will be given skin care instructions and we will teach you how to clean your skin. You will apply Aquaphor to the lasered areas at least 3 times daily to keep your skin from drying out. Take the entire course of antibiotics and antiviral medication, and limit lifting, pulling, or pushing for at least 7 days. An esthetician will give you a post-laser kit to start using once your skin has finished peeling.

CALL THE OFFICE IF YOU EXPERIENCE

- ◆ Severe pain not responding to the medications.
- ◆ A rash, small blisters, or redness of the surrounding area.
- ◆ Significant swelling, or obviously more swelling on one side.
- ◆ Significant changes in vision — anything more than mild blurring.
- ◆ A fever.

WHAT YOU CAN EXPECT

- ◆ The crusting that occurs is expected and will come off when cleaning your skin. Do not pick at any crusting, as this may cause bleeding or scarring. It will gradually fall off over a 7–10 day period. Itching is a normal sign of healing; if it is intolerable, oral Benadryl may be used according to the manufacturer's instructions.
- ◆ As the old skin peels away, brighter pink skin will appear. This is healthy new skin, but can look like red, sunburned skin. Do not be alarmed — this color is normal and usually fades after 2–6 weeks.
- ◆ Avoid sun exposure in the early postoperative period, as excessive sun could cause changes in pigment. Once the crusts are gone, use a sunscreen daily for the first few months.
- ◆ Expect moderate swelling around the eyes. If you experience dry eyes, you may use over-the-counter artificial tears.
- ◆ You may resume normal activities within 2–4 weeks after the procedure.
- ◆ Full healing and fading of redness typically takes 3–6 months.