

LASER RESURFACING

Laser Resurfacing Post-Operative Instructions

RAMIN A. BEHMAND, MD, FACS
VIVIAN TING, MD, FACS
1776 YGNACIO VALLEY ROAD, SUITE #108
WALNUT CREEK, CA 94596
PHONE: 925-939-9200

After Laser Surgery skincare:

Following your laser surgery it is important for you to keep your head elevated the evening after surgery as well as for the first two weeks following surgery. This can be done by either sleeping in a recliner tilted at 45 degrees or sleeping with two pillows underneath your head. Avoid rolling onto your face. Sleeping on your back for the first two weeks helps to ensure this. Call our office immediately if you are experiencing chills, fever, foul odor or extreme discomfort. Continue to take all your antibiotics and anti-virals as directed and drink plenty of water to keep hydrated.

Following your laser procedure, a dressing will be applied over your face. This dressing will provide a moist environment for quicker healing and less discomfort. You may begin applying Biafine or Aquaphor ointment four to six times a day to keep the areas lubricated. Only splash your face twice daily with water or use your finger tips and gently cleanse the area(s) with cetaphil cleanser followed by a thick layer of Biafine, like cream cheese on a bagel.

When you return for your post-op appointment, we will review your daily care below from this time on.

Daily Care:

1. Taking 4x4 gauze soaked with cool tap water or Cetaphil cleanser; gently go over all resurfaced areas six times a day. The goal with each cleaning is to remove the exfoliating skin and crusting that develops with this. This should be a gentle process with no scrubbing or abrading. If you have pain or develop bleeding you are scrubbing too hard. Lots of water and frequent cleanings are most important.
2. After each cleaning apply with Q-tips a thick coat of Aquaphor ointment. This should look like icing on a cake. This will provide the moisture your skin very much needs during the healing process.
3. Following these directions and keeping your skin well lubricated will help quicken the healing process.
4. By day ten to twelve your skin will be completely resurfaced. At this point you may still use the Aquaphor ointment as needed for moisture. Neocutis products maybe applied to heal and protect with the remainder of healing and rejuvenation process.

What to expect:

Swelling: Swelling will vary patient-to-patient. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoiding bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first three months.

Discoloration: Bruising will vary, like swelling from person to person. Most bruising and discoloration should resolve over the first two weeks. Make- up, with Dr.Behmand\Ting's permission, can be applied ten days to two weeks after surgery. Sun Block containing Zinc oxide is extremely important to use on a daily basis to protect your new skin from harmful UVA/UVB rays.

Depression: it is not uncommon for patients to go through a period of mild depression after cosmetic surgery. This typically occurs the second week after surgery while some of the swelling and bruising still persist and yet the patient is anxious to see a final result. Realize this is a temporary condition and things will improve.

Restrictions:

1. No strenuous exercise for at least two weeks.
2. No heavy lifting for three weeks.
3. No picking of skin, crust, or scabbing, this may lead to scarring.

Finally: The healing time for laser surgery is often less than expected and the results are worth the wait. While most discoloration will fade over the first three months, your healing will continue for the entire first year. Be patient.

Please do not hesitate to contact our office at 925.939.9200. We do have a 24 hour answering service in case of any urgent questions after office hours.