

LASER RESURFACING

Laser Resurfacing Post-Operative Instructions

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Call the office immediately if you have:

- A fever/temperature of 101 or higher
- Any unusual or painful swelling and redness
- Pain that is not relieved by your pain medication
- Any active bleeding soaking more than a 4x4 gauze
- Any purulent “pus like” drainage coming from the incision site

After Laser Surgery Skincare

1. 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 a few pillows underneath your head. Avoid rolling onto your face. Sleeping on your back for the first two weeks helps to ensure this.
2. Call our office immediately if you are experiencing chills, fever, foul odor or extreme discomfort.
3. Continue to take all your antibiotics and anti-viral prescriptions as directed. Start eating with light and soft meals. As you get more comfortable, you may progress to regular food. Drinking fluids is very important after surgery; at least one quart (about a liter). Try to drink non-caffeinated fluids.
4. 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 a gentle cleanser followed by a thick layer of Aquaphor ointment.
5. 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 a gentle 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 a thick coat of Aquaphor ointment. This should look like icing on a cake and 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. Gentle skincare products may be applied to heal and protect with the remainder of healing and rejuvenation process.
5. Do not pick any part of your skin, crust, or scab formation as this may lead to scarring.

What To Expect

1. **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.
2. **Discoloration:** Bruising will vary from person to person. Most bruising and discoloration should resolve over the first two weeks. Make-up, with Dr. Behmand's permission, can be applied ten days to two weeks after surgery. Sunblock containing Zinc Oxide is extremely important to use on a daily basis to protect your new skin from harmful UVA/UVB rays.
3. **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. 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.
4. **Exercise:** Avoid exercise and aerobic activity for 6 weeks after laser treatment. You may resume all exercises gradually once cleared by Dr. Behmand and after 6 weeks.
5. **24 Hour Answering Service:** If anything is urgently needed after 5 pm or over the weekend, please be aware that we do have a 24 hour answering service. You may call our regular office line at (925)939-9200 to reach the answering service for assistance.