

## Discharge Instructions: Laser Skin Resurfacing

Date: \_\_\_\_\_

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To facilitate healing, the wounds **MUST** be kept moist and clean. Your attention to optimal wound care will enhance your postoperative results and reduce swelling, discomfort, and the risk of infection. For the first 48–72 hours the treated areas will be quite red, and may ooze a moderate amount.

**ALWAYS** wash your hands thoroughly with soap and water before touching your treated area to reduce the risk of contamination and infection.

### **Application of Ointment:**

It is VERY IMPORTANT that you apply the ointment over the treated areas and continue applying the ointment until your surgeon instructs you to stop. Use your clean finger tips to apply the ointment, and re-apply as many times as required to keep the areas moist. **DO NOT** allow the treated areas to dry out as this will result in discomfort, crust formation and an increased risk of scarring.

**\*\*APPLY Aquaphor Healing ointment (tube) to treated skin as often as necessary to keep moist, and do not stop until your surgeon instructs.**

### **Wound Care Instructions:**

Start cleansing your skin    the evening of surgery    the next morning

Cleanse your skin 2 to 3 times a day while your skin is peeling.

- You may want to medicate yourself with a pain pill 45 minutes to an hour prior to cleansing.
- Wash your hands before cleansing.
- Mix 1 teaspoon of white vinegar in 8 oz of distilled water to make a dilute vinegar cleansing solution. This solution can be made in advance and stored in the refrigerator.
- Soak the chamois cleansing cloth provided in the vinegar water, squeeze out excess liquid, and cleanse the treated areas gently. The purpose is to remove the previously applied ointment and any loose crusting.
- If there are persistent crusts after gently cleansing the skin, do not scrub aggressively, as this may increase the risk of scarring. These crusts will eventually soften and then be more easily removed. **DO NOT PICK OR TRY TO REMOVE STUBBORN CRUSTS, DEAD SKIN OR SCABS FROM THE TREATED AREAS THAT REMAIN AFTER GENTLE CLEANSING.**
- Re-apply the ointment after each cleansing.
- Wash the chamois cleansing cloth with liquid soap, rinse with water, and hang to dry after each use.

### **Cold Application:**

As the skin heals, you may experience itching; however, please resist scrubbing your skin. Application of cold to the treated areas 4–6 times a day will reduce swelling and temporarily reduce itching.

- Place a small amount of crushed ice in a Zip-Lock sandwich bag wrapped in a clean soft cloth and gently lay on the treated areas for no more than 20 minutes at a time. You may need to reapply ointment after each cold application.
- Moisten a clean wash cloth with the chilled vinegar solution and lay on treated skin to relieve itching.

### **Personal Hygiene:**

You may shower and wash your hair:    After your first post-op visit

1 day after surgery

2 days after surgery

- Use a clean towel, separate from your bath towel, to dry your face.
- **Re-apply the ointment to the treated areas after showering.**

**Medications:** You will experience some discomfort and stinging after surgery that usually lasts 1–3 days.

- Take prescription **pain** medication for moderate pain. Tylenol/Extra Strength Tylenol for mild pain. Take pain medication with food to avoid nausea. *You were given pain medication in the surgery center.*  
*Next dose \_\_\_\_\_ if needed.*
- Continue the antibiotic and/or antiviral medications that may have been prescribed for you by your doctor.
- If your eyes are feeling dry or scratchy, you may use over-the-counter artificial tears.
- Other medications:  Promethazine as needed for nausea. Next dose: \_\_\_\_\_  
 Medrol Dose Pack starts  **the next morning**  **today**
- **If your pain is increasing in the days after surgery despite taking pain medication, please call us to report your concerns.**

**Activity:** Limit your activities for several days following surgery. For two weeks after surgery, do NOT exercise, swim, or participate in contact sports. Avoid all sun exposure unless necessary and then wear protective clothing, a wide-brimmed hat and sunglasses if you are outside. No make-up or sun block until your surgeon approves.

**Diet:** If you had full face resurfacing or resurfacing around your mouth, eat small bites and avoid exaggerated mouth movements that may crack the skin around your mouth. Avoid drinking through a straw.

**FOLLOW UP APPOINTMENT:** \_\_\_\_\_

**If you have questions immediately after surgery, call Dr. \_\_\_\_\_ Mon-Fri 8am-5pm at 512-458-2141**