

LASER RESURFACING

Post Op Instructions

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas and protect them from irritating materials or products.

WEEK 1 (Beginning the day after surgery)

DO: While in the shower, spray plain lukewarm water, gently, 4-6 times daily on treated areas while using fingertips to pat skin. Do not rub or scrub skin. **Use only water, no soap.** This should be done 5-10 minutes each time depending on size of areas involved.

DO: Blot skin dry with clean dry towel (double rinsed and with no softener or bleach) after each rinsing.

DO: Apply post peel/laser ointment gently to skin with fingers after each wash. (Apply only to treated areas.)

DO: Apply enough post peel/laser ointment to keep your new skin and any crusting soft and moist. No need to over-apply.

DO: Use clean plain washcloth to blot or soak-up excess ointment from skin before each cleansing with water. Do not rub off, use only blotting motion.

DO: Blot skin dry with a clean towel after each rinsing and re-apply post peel/laser ointment.

DO NOT: Touch or rub your new skin with fingers between treatments.

DO NOT: Use heavy or excess application of ointment.

DO NOT: Rub or wipe skin with Kleenex or facial tissues at any time.

DO NOT: Use cotton balls or Q-tips on the treated areas.

DO NOT: Pick at crusts.

DO NOT: Use makeup, lotion, soaps, phisoderm on treated areas (until otherwise directed by physician)

DO NOT: Begin showers on laser or dermabrasion areas until 2 days after surgery

WEEK 2

DO: Continue cleansing as in week 1 if crusting or flaking is still present.

DO: Keep treated areas moisturized with a light coat of post peel/laser ointment at all times, as long as any crusting or flaking is present.

DO: Keep hair spray, colognes, perfumes, or any substance with a fragrance away from the treated areas at all times.

WEEK 3

- DO**: Use *Jan Marini* C-esta cleanser, Dove soap or Cetaphil Lotion Soap to gently cleanse skin. Do not wash with cleanser more than twice a day.
- DO**: Use water-based hypo-allergenic makeup if skin is smooth and free of crusts. Our aesthetician can assist you with various makeup products.
- DO**: Use post peel/laser ointment or a bland moisturizer (ie. *Jan Marini TGF* moisturizer) to moisturize your face.
- DO NOT**: Use any products with glycolic acid, retinoids or sunscreens.
- DO NOT**: Use any other soaps, moisturizers, cleansing creams, astringents, Retin- A, glycolic products, etc. on face until pinkness subsides.

WEEK 5

- DO**: use oil-base (or water base) make-up, if desired; (if the skin is not red or excessively pink) but, test small area first for 24 hours before using oil-base make-up.
- DO**: Use *Jan Marini* or *Blue Lizard* sunscreen to protect face against sun exposure. Test a small area before using sunscreen on the entire area.
- DO**: Resume reasonable physical activities.
- DO NOT**: Use sunscreen if irritation occurs.
- DO NOT**: Use Retin-A or “peel” products anywhere on face or body until cleared by physician. Typically after 6-8 weeks.
- DO NOT**: Have any significant sun exposure (sunning on the beach, on a boat, playing tennis or golf), even with sunscreen, for at least 3 months. You will find the sun irritating and excessively warm.

NOTIFY OUR CLINIC IF ANY RASH OR FEVER BLISTER-LIKE AREAS SHOULD APPEAR.

REMEMBER: YOUR NEW SKIN IS AS SENSITIVE AND DELICATE AS A NEWBORN BABY'S . . . SO . . . USE GOOD JUDGMENT. AS HEALING PROGRESSES, YOUR NEW SKIN WILL BECOME MORE RESILIENT, BUT THIS MAY TAKE 3-6 MONTHS.

**CALL IF YOU HAVE ANY QUESTIONS
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