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Aftercare Instructions

LASER – FRACTIONAL SKIN RESURFACING

This is an outpatient procedure and may be performed in the office.

Have someone drive you home after procedure and help you for the first day.

Get plenty of rest; follow balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

If prescribed, continue to take antiviral medication after your procedure.

Activities

Walk as soon as possible, this reduces swelling and helps prevent blood clots.

Do not drive until you are no longer taking narcotic pain medications.

More strenuous activities should be avoided for about a week.

May return to work in 3-5 days.

Treated Area Care

Avoid exposing scars to sun for at least 12 months.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

If a bandage was applied, it may be removed after 24 hours.

Keep treated areas clean and clear; inspect daily for signs of infection.

Apply a thin layer of prescribed cream or ointment to the treated areas after each time you cleanse the treated areas.

Cool compresses may be used to reduce swelling.

Do not apply makeup until any crust is completely off and skin is healed.

Protect the treated area from the sun until all color has returned to normal.

Shade face with hat/visor whenever you go out into the sun.

If fractional resurfacing was done around the eyes, wear high quality polarized sunglasses with UVA and UVB 100% filter protection.

What To Expect

The day of surgery your skin will appear to be pink to red, like sunburn.

You may have some skin flaking or discharge from the treated areas. This discharge will be light pink or golden in color.

Swelling is expected and may be pronounced in the lips and around the eyes.

You will experience a stinging sensation immediately after the procedure. This may advance to a burning discomfort later in the day and evening but will improve over the next day.

Your skin will heal over 3-5 days, leaving the treated area a bright pink coloration.

Your skin will feel tight and smooth. Continue to use the recommended moisturizing agent to the skin surface.

You will experience increased sensitivity to makeup and acute sun sensitivity. Return of pigmentation and light sun exposure in 3-6 months.

Use of screen is mandatory. Over exposure to the sun can lead to increased pigmentation or blotchy pigmentation and dark spots.

Appearance

Pinkness or redness of skin may remain up to 3 months.

Usually, your skin will be free of flaking or crusting in about 3-5 days postoperatively.

Final results of surgery may take 2-3 months to appear.

Follow-Up Care

Frequent follow-up appointments are scheduled.

When To Call

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increasing redness in the treatment area.

If you have severe or increased pain not relieved by medication.

If you have any side effects to the treatment or medications, such as rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the area associated with a foul odor.

If you have bleeding in the treated area that is difficult to control with light pressure.

If you have loss of feeling or motion.

If you notice any herpetic lesions on the treated or surrounding skin or mucosal surfaces.

For Medical Questions, Please Call:

(615) 921-2100 Monday-Thursday 9:00 AM-5:00 PM and Fridays 8:00 AM – 12:00 PM. After hours and on weekends, the answering service will contact Dr.

Wendel or the plastic surgeon on call.