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Aftercare Instructions

LASER – FULL SKIN RESURFACING

This is an outpatient procedure.

Have someone drive you home after procedure and help you at home for the 1-2 days.

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.

Continue to take the prescribed 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 4 weeks.

May return to work in 7-14 days.

Treated Area Care

Avoid exposing scars to sun for at least 12 months.

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

If a bandage was applied, it may be replaced in 1-2 days and removed in approx. 1 week.

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

Wash your face with a mixture of 1 teaspoon of vinegar in 1 cup of water at least 2 times a day. Do this as often as necessary to avoid a build-up of the weeping discharge and resulting crusts. Do not pick the crusts off the treated area as this may cause scarring.

Apply a thin layer of prescribed ointment to the treated areas after each washing.

You may gently blot the treated areas with a gauze pad, but reapply the ointment to keep the area moist.

Ice packs or cool compresses may be used to help control swelling.

Do not apply makeup until 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 resurfacing was done around the eyes, wear high quality polarized sunglasses with UVA and UVB 100% filters.

What To Expect

- The day of surgery your skin will appear to be deep pink to red, as with a sunburn. This will increase in severity on the second day.
- You will have a weeping discharge from the treated areas. This discharge will be light pink or golden in color.
- Swelling is expected and may be more pronounced in the lips and around the eyes and may be worse the second and third day.
- 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 few days.
- Your skin will heal over 7-14 days, leaving the treated areas with 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 6-12 months.
- Use of screen is mandatory. Exposure to the sun can lead to hyper pigmentation or blotchy pigmentation

Appearance

- Pinkness or redness of skin may remain up to 6 months.
- Usually, your skin will be free of crusts in about 10 days postoperatively.
- Final results of surgery may take several months to appear.

Follow-Up Care

- You will be seen in the office on a weekly basis until you are healed.
- 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.