



## THE NADERI CENTER

### COSMETIC SURGERY SPECIALISTS

#### Pre-Operative Instructions for CO2 Laser Resurfacing (Hospital)

#### 3-4 WEEKS BEFORE PROCEDURE

- *Obtain Medical Evaluation and Clearance.* Make a visit to your primary care doctor to complete your medical evaluation and laboratory testing. Your surgeon may request for you to also be evaluated by a specialist. Please ensure any preoperative requests are completed 2 weeks before surgery.
- *Work and Recovery Arrangements.* Make any arrangements to be off from work or other strenuous activities while you are recovering from the procedure. Have extra help available, particularly if caring for small children.
- *Smoking.* Tobacco, cigarettes and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise to discontinuing these products more than 4 weeks prior to procedure.
- *Sun Exposure.* **Sun exposure is to be strictly avoided for 4 weeks before and 8 weeks after treatment.** Sun exposure may cause problematic skin discoloration.
- *Self-Tanning.* Do not use any self-tanning lotions in the month prior to treatment.
- *Bleaching Cream.* Our doctors may prescribe a 4% Hydroquinone Cream for use 4-8 weeks prior to treatment to reduce the risk of Hyperpigmentation (PIH). Stop this medication three days before your treatment.

#### 2 WEEKS BEFORE PROCEDURE

- *Preop Appointment.* You will come in for your preop appointment where you will review the procedure plan with your surgeon and go over logistical details with your patient coordinator. Bring your questions as well as any individuals that will be part of your support and healing.
- *DIET/SUPPLEMENT RESTRICTIONS.* Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over the counter pain medications. **Makes sure you and your doctor have reviewed your medication list as certain medications and health conditions can be contraindicated when undergoing laser resurfacing.**

- *Fill Prescriptions.* Make sure you understand how and when to take all medications. We suggest keeping a note pad to keep track of the medications you have taken.
- *Hair Removal.* Avoid Electrolysis / Waxing / Hair Removal Creams for 2 weeks prior (in the areas of the body that laser resurfacing is going to be performed).
- *Skincare Products.* Stop Alpha-hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid) & Benzoyl Peroxide topicals and any other similar or exfoliating products that may be drying and/or irritating 2 weeks prior to your procedure.

### **1 WEEK BEFORE PROCEDURE**

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from the surgical center and who will stay with you for at least 24 hours after the resurfacing treatment.
- *Arnica.* If provided, start your Arnica tablets two days before surgery. One in the AM and one in the PM and continue until the bottle is finished.

### **3 DAYS BEFORE PROCEDURE**

- *Cold Sores.* For full-face laser resurfacing patient's with a history of cold sores will be prescribed an anti-viral medication to prevent a cold sore breakout after the resurfacing procedure. Start this medication three days before the procedure and continue until all tablets are taken.
- *Topical Skin Treatments.* Stop using Retin-A™ (tretinoin), Hydroquinone, Retinols, Renova™, Differin™, for three days prior to treatment.

### **NIGHT BEFORE PROCEDURE**

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- *Antibiotic.* Take your Antibiotic 24 hours prior to procedure.
- *Set Up Home Recovery Area.* This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.
- *Bathing.* You can shower but do not apply lotion, perfume, hair product, etc.
- *Relax.* Stay calm and get plenty of rest to avoid unnecessary stress.

### **DAY OF PROCEDURE**

- *Dress Comfortably.* Do not wear nice clothing. Dress in comfortable, low neck, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.

- Do **NOT** wear any makeup, jewelry, cosmetic creams, hair products, deodorant, sunscreen, and remove all piercings.
- *Wash Your Face.* Wash face prior to treatment. **Do not apply anything to your face after cleansing**- this includes lotion, sunscreen, make up, etc.
- *Arrival to Facility.* Have someone accompany you to and from the surgical center. Arrive at the designated time and remember to bring a form of identification as well as payment if necessary.

## Post-Operative Instructions for CO2 Laser Resurfacing (Hospital)

### NIGHT OF PROCEDURE

- *Sleep.* Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. You do not want the laser treated areas to be pressing against your pillow. Continue this for one week.
- *Post Recovery Ointment.* After treatment we will apply a post recovery ointment to the skin. Make sure to keep your face covered with a thick layer of this post recovery ointment at all times. You want the skin to be moist at all times. You will typically apply the ointment about 4 times daily.

### MEDICATIONS

- *Pain.* You will be prescribed a pain medication for post-procedural pain control. If your discomfort is not strong you are welcomed to take Tylenol in place of the prescribed medication. Do not take the Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. **Do not exceed 4,000 mg of Tylenol in any 24-hour time period.** Take medication with food to minimize risk of nausea.
- *Antibiotic.* Antibiotic is to be started 24 hours prior to your procedure. Continue to take the antibiotic until finished.
- *Nausea.* If you are experiencing nausea, which is common after general anesthesia as well as a known side effect of some stronger pain medications, we advise that you notify your surgeon and we can prescribe an anti-nausea medication. Take pain medication with food to minimize risk of nausea.
- *Constipation.* You will experience constipation if taking narcotic pain relievers. Miralax or other over the counter laxatives are recommended. Do not wait to take until you are constipated. Begin treatment with narcotic use.
- *Medications to Avoid.* Take only those medications approved or prescribed by your surgeon. Avoid medications containing aspirin or ibuprofen (Advil, Motrin,

Naproxen, etc.) for two weeks before and after procedure. These medications may increase bleeding.

## **NUTRITION**

- *Diet.* A light low-fat diet is best after surgery. You may start a regular diet after your procedure as long as you are not feeling nauseated or vomiting.
- *Hydration.* Stay hydrated by drinking 8 -10 glasses of water a day. Avoid alcohol while you are still having to take pain medications.

## **ACTIVITY**

- *Sun Exposure.* Strict sun avoidance for the first eight weeks after treatment. **You will burn and hyperpigment if you have direct sun exposure.** If you must go outside wear a wide brim hat, sunglasses, and stay in the shade.
- *Return to work.* Most patients require approximately 5-7days off work depending on their job responsibilities and face-to-face interactions. Depending on your skin and the intensity of the treatment, some patients take longer to heal.
- *Driving.* Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Use good judgment.
- *Exercise.* Light physical activity may be resumed 1-2 weeks after the procedure. Remember to start easy and build back up to your previous exercise levels. Just know that swelling may transiently be worse with exercise.
- *Activity.* Saunas, hot showers, and hot tubs should be avoided for 2 weeks. These activities may further irritate the skin and delay proper healing.
- *Pain Management.* Cool compresses with a damp soft cloth for 10-20 minutes at a time may relieve temporary discomfort.

## **BATHING**

- *Showering.* You may shower and wash your hair. Make sure to avoid getting soap or shampoo on your healing face for the first few days. Apply the post recovery ointment immediately after you get out.
- *Wash Your Face.* Skin should be washed 4-6 times a day with only cool tap water and soft cotton balls for the first 3-4. **DO NOT USE ANY CLEANSERS, SOAPS, OR TONERS THE FIRST THREE DAYS.** After you have cleansed the skin with cool water apply a thick layer of our post recovery ointment. Starting day 4 you can begin to use a gentle cleanser such as Cetaphil to wash your face. Do not be harsh and rub the skin rough.

- *Skin Barrier Repair Kit.* At your follow up appointment, one week after the procedure, you will be given a skincare kit of products with instructions on how to use the products.

### **WHAT TO EXPECT**

- *Swelling.* Swelling of the face and/or eyes is common, and typically begins to reduce by the third day after treatment and may improve with intermittent rest. Physical activity can transiently worsen swelling but is encouraged.
- *Pinpoint bleeding.* Pinpoint bleeding may occur and is normal, but will stop after the about a day.
- *Itching.* Itching at the laser treated areas is normal for the first few weeks. You may take Benadryl to help with this, never scratch the face.
- *Oozing.* Oozing is common and generally looks like yellowish drips on the skin. Blot these areas gently with a soft tissue and reapply the ointment as needed.
- *Discomfort.* It is normal to experience tightness, soreness, and fatigue for several days to weeks following your procedure as your skin recovers.
- *Burning.* Burning, hotness, redness, warmth, and a sunburned sensation are normal and anticipated responses following your resurfacing procedure.

### **DO NOT'S**

- Do NOT pick at any crust or puss that may form on the face. This may cause permanent scarring of the area.
- DO NOT soak in baths, Jacuzzis or hot tubs until all the skin has fully healed.
- DO NOT take Aspirin, Ibuprofen, Naproxen or other blood thinners until your surgeon advises you it is safe.
- Do NOT expose your skin to the sun for 8 weeks without a wide brim hat, sunscreen, and/or sunglasses.

### **EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE (703) 481-0002 OR GO TO THE HOSPITAL**

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain and warmth. Temperature over 101 degrees Fahrenheit.
- *Excessive Bleeding.* Bleeding that is not pinpoint, vesicles, or blisters but rather excessive bleeding with bright red blood.

- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain or asymmetric swelling in your legs.

## SHOPPING LIST

1. Prescriptions. Fill all prescriptions before day of procedure.
2. Arnica. Provided by The Naderi Center.
3. Post Recovery Ointment. Provided by The Naderi Center.
4. Headband/Hair Ties. Keeps hair away from treated areas.
5. Cotton Balls. Cotton balls will be used to gently cleanse the face.
6. Pillow cases. Your pillow case will get dirty and stained from ointment use, so use one that will not bother you if it is damaged.
7. Wide brim hat. To use for when you will be outdoors.
8. Gentle Cleanser. Cetaphil is recommended.