



## THE NADERI CENTER

### COSMETIC SURGERY SPECIALISTS

#### 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,

## 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.