

LASER RESURFACING

(Outpatient Surgical Facility)

Pre-Operative and Post-Operative Patient Instructions

Pre-Operative Instructions for Laser Resurfacing

SHOPPING LIST

Prescriptions

Submitted to your pharmacy. Your pharmacy should contact you when ready to pick up.

Arnica

Provided by The Naderi Center. Take as directed on packaging. Start 3 days prior to surgery.

Post Recovery Ointment

Provided by The Naderi Center.

Headband/Hair Ties

Keeps hair away from treated areas.

Cotton Balls

Cotton balls will be used to gently cleanse the face.

Pillowcases

Your pillowcase will get dirty and stained from ointment use, so use one that will not bother you if it is damaged.

Wide brim hat

To use when being outdoors.

Gentle Cleanser

Cetaphil is recommended.

NIGHT BEFORE SURGERY

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- **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.

DAY OF SURGERY

- **Dress Comfortably:** Dress in comfortable, clean, 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.

Post-Operative Instructions for Laser Resurfacing

NIGHT OF PROCEDURE:

- **Antibiotic:** Take your antibiotic starting the night of surgery and take until all gone.
- **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 ointment at all times. You always want the skin to be moist. 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 Tylenol with the pain medication, often the medication you are prescribed will have Tylenol in it. **Do not exceed 4,000 mg of Tylenol in any 24-hour period.** Take medication with food to minimize risk of nausea.
- **Antibiotic:** Take your antibiotic starting the night of surgery and take until all gone.
- **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 if 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 develop hyper pigmentation 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.
- **Essential Recovery 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 a day or so.
- **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, jacuzzies, 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, warmth at incision site and a Temperature over 101 degrees Fahrenheit.
- **Excessive Bleeding:** If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.
- **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.