

# LASER SKIN RESURFACING – SCITON® ERBIUM LASER

## Treatment Instructions

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### Pre-Operative Instructions for Laser Skin Resurfacing

#### SHOPPING LIST

- Prescriptions:** anti-Viral medicine, pain medicine, antibiotic, anti-nausea medicine.
- Arnica:** will be given at your pre-op appointment. Take as directed on packaging.
- Alastin:** will be given at your pre-op appointment.
- Headband/Hair Ties:** to keep hair away from treated areas.
- Cotton Balls:** to softly cleanse the face.
- Fresh Pillow Cases:** pillow cases will get dirty from use of topical skin products.

#### 2 WEEKS BEFORE PROCEDURE

- **Pre-op 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. You can ask any questions you have regarding the procedure at the time of your appointment.
- **Diet/Supplement Restrictions.** Avoid foods, drinks and herbal supplements than 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.
- **Fill Prescriptions.** These may include an antibiotic, pain medication, mild sedative, anti-viral medication, and Alastin for after the procedure. 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 in area you are desiring skin resurfacing for 2 weeks prior to your treatment.

- **Skincare Products.** Stop alpha-hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid) & benzoyl peroxide 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 skin resurfacing treatment.
- **Arnica.** If provided, start your Arnica tablets as directed before surgery.

### **3 DAYS BEFORE PROCEDURE**

- **Cold Sores.** For full-face laser resurfacing patients or patients with a history of cold sores will be prescribed an anti-viral medication to start prior to their procedure.
- **Topical Skin Treatments.** Stop using Retin-A, Hydroquinone, Retinols, Renova, Differin, for three days prior to treatment.

### **DAY BEFORE PROCEDURE**

- **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 products, 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.
- **Wash Your Face.** Wash face prior to treatment. **Do not apply anything to your face after cleansing-** this includes lotion, sunscreen, make up, etc.
- **Medications:** Bring your **Valium tablets and Pain Medication** with you to our office. You will be instructed when to take these before and after your procedure once you are in the office.
- **Arrival to Office.** Someone will need to drive you to and from the procedure (you cannot take a taxi cab or Uber). Bring the remaining Valium and pain medicine with you to the office.

## Post-Operative Instructions for Laser Skin Resurfacing

### DAY OF AND DAY AFTER 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.
- **Alastin Ointment.** After treatment we will apply Alastin to the skin. Make sure to keep your face covered with a thick layer of Alastin ointment at all times.
- **Reapplying Alastin.** Morning after your procedure you may gently wipe off the Alastin ointment with a moist cotton ball and immediately reapply Alastin. Do **NOT** scrub off any skin crusts. Apply this ointment 4 times daily.

### MEDICATIONS

- **Antibiotic.** Antibiotic is to be started 24 hours prior to your procedure. Continue to take the antibiotic until finished.
- **Pre-medication:** You will be prescribed a sedative called Valium. Bring the **Valium tablets** with you to our office, you will take them prior to your procedure when instructed by our office staff.
- **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 prescribed 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 time period.** Take medication with food to minimize risk of nausea.
- **Nausea.** If you are experiencing nausea, which is a common side effect of some stronger pain medications, we advise that you take your nausea medication.
- **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 and others) for two weeks before and after procedure. These medications may increase bleeding.

## NUTRITION

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

## ACTIVITY

- **Sun Exposure.** Strict sun avoidance for the first eight weeks after treatment. **You will burn and hyper pigment 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.
- **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.
- **Heat.** Saunas, hot showers, and hot tubs should be avoided for 2 weeks. These activities may further irritate the skin and delay proper healing.
- **Cool Compresses.** 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. Apply Alastin 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 week following the procedure. **DO NOT USE ANY CLEANSERS, SOAPS, OR TONERS.** After you have cleansed the skin with cool water apply a thick layer of Alastin
- **Essential Recovery Kit.** At your one- week follow up appointment you will be given a Skin Repair Kit containing skincare products to use until gone.

## WHAT TO EXPECT

- **Bruising.** You can expect to have bruising. Most bruises will heal after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.

- **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.
- **Pinpoint bleeding.** Pinpoint bleeding may occur, but will stop after the first 24 hours
- **Itching.** Itching at the laser treated areas are normal for the first few weeks. You may take Benadryl to help with this.
- **Oozing.** Oozing is common and generally looks like yellowish drips on the skin. Blot these areas gently with a soft tissue and reapply the Alastin 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 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 physician advises you it is safe.
- **Do NOT expose your skin to the sun for 8 weeks** Use 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 of redness, worsening of swelling, increased drainage or drainage of pus, worsening pain, warmth at incision site and temperature over 101°F.
- **Excessive Bleeding.** If the dressings are saturated with bright red blood and you are making 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.

