



LASER RESURFACING – Patient Instructions

Pre-Operative and Post-Operative Care | Outpatient Surgical Facility

PREPARATION BEFORE PROCEDURE

- Pick up and confirm you have all prescriptions before your procedure.
- Have post-recovery ointment, cotton balls, gentle cleanser (Cetaphil), and headband available.
- Obtain Arnica tablets. If provided, take as directed starting 3 days before procedure.
- Use clean pillowcases and bring wide-brim hat to surgery.
- Don't eat or drink anything after midnight before surgery if undergoing general anesthesia.

DAY OF PROCEDURE

- Shower normally but do not apply lotions, creams, deodorant, or hair products.
- Wear loose, comfortable clothing. Button-up or zip-up shirts are preferred.
- Do not wear makeup, jewelry, piercings, lotions, sunscreen, or hair products.

FIRST WEEK AFTER PROCEDURE

- Sleep on your back with your upper body elevated 30–45 degrees.
- Keep treated areas covered with a thick layer of ointment at all times.
- Apply ointment approximately 4-6 times daily or as directed.
- Avoid pressure on treated skin. Do not pick, rub, or disturb healing skin.

MEDICATIONS

- Take antibiotics and antiviral as prescribed until finished. Start antiviral 3 days before procedure.
- Use prescribed pain medication or Tylenol if discomfort is mild.
- Do not exceed 4,000 mg of Tylenol in 24 hours.
- Begin stool softener if taking narcotic pain medication.
- Avoid aspirin, ibuprofen, naproxen, nicotine, alcohol, and excessive caffeine.

SKIN CARE AND CLEANSING

- For first 7 days, cleanse gently with cool clean tap water and cotton balls only.
- Do not use cleansers, soaps, or toners for first 7 days.
- Starting day 7, use gentle cleanser such as Cetaphil.
- Do not rub or scrub healing skin.
- Reapply ointment immediately after cleansing.

ACTIVITY AND RECOVERY

- Avoid sun exposure for 12 weeks. Wear wide-brim hat and stay in shade.
- Avoid saunas, hot tubs, and hot showers for 4 weeks. Avoid heat and sweating.
- Return to work typically in 7-10 days depending on healing.
- Avoid strenuous exercise for 2–3 weeks.
- Do not drive while taking narcotic pain medications.



NORMAL SYMPTOMS

- Swelling, redness, and sunburn-like sensation.
- Mild pinpoint bleeding or oozing.
- Mild itching during healing.
- Tightness, soreness, and sensitivity.
- Temporary skin redness and irritation while healing.

NOTIFY YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE:

- Fever greater than 101°F.
- Worsening redness, swelling, rash, severe itching, pustules, or worsening drainage.
- Excessive bleeding.
- Severe pain not controlled with medication.
- Call 911 for shortness of breath or chest pain.