



THE NADERI CENTER  
PLASTIC SURGERY & DERMATOLOGY

# CO<sub>2</sub> Laser Resurfacing

*Naderi Laser Resurfacing · Patient Instructions*

*Having more than one procedure? Follow the more cautious instruction. Direct instructions from Dr. Naderi always take precedence.*

## BEFORE YOUR PROCEDURE

- **Pick up your prescriptions well ahead of your procedure.** We send them to your pharmacy at least 2 weeks in advance. Open the bag well ahead of your procedure and make sure nothing is missing. Call us right away if your antibiotics or pain medication are missing.

### THE NADERI ANTI-BLEEDING, ANTI-BRUIISING DIET

**Starting 2 weeks before your procedure, follow this diet strictly.** It directly affects how much you bleed during your procedure and how much you bruise and swell afterward. Dr. Naderi considers it one of the most important parts of your preparation. See the separate Foods to Avoid list.

- **Start your antiviral medication 72 hours before your procedure.**
- Make sure you are not tanned or sunburned and have no skin lesions or rashes.
- Purchase MiraLAX (stool softener), Tylenol (for pain), plain Vaseline ointment, hypochlorous acid (HOCl) spray, and cool compress supplies.
- Starting 1 week before your procedure, spray hypochlorous acid (HOCl) on your face 3 times a day as an antiseptic, keeping it out of your eyes.
- Get Arnica tablets. Start them the day after your procedure and take as directed.
- If you are having sedation or general anesthesia: **nothing to eat or drink after midnight the night before your procedure.**
- Prepare your recovery area at home with fluids, appropriate foods, and assistance.
- Starting 2 weeks before your procedure, avoid aspirin, ibuprofen, naproxen, alcohol, and blood-thinning supplements. Check with your prescribing doctor before stopping any prescription blood thinner.
- Stop all nicotine (smoking, vaping, patches, gum) at least 2 weeks before your procedure; 4 weeks is preferred. Nicotine delays healing.
- Moderate caffeine is fine; one cup of coffee or tea is acceptable.

- Make sure you have not taken Accutane (isotretinoin) for at least 6 to 12 months.
- For men: shave the day before your procedure. No facial hair and no beard.

## THE NIGHT BEFORE & DAY OF PROCEDURE

- **Take two showers: one the night before your procedure and one the morning of your procedure.** Each time, wash your hair well and use antibacterial soap on your face and body.
- Wear loose, comfortable clothing that buttons or zips in the front.
- Arrive without makeup, lotions, skin products, sunblock, deodorant, or hair products.
- Remove jewelry and piercings. Do not wear contact lenses; wear your glasses instead.
- Remove hair extensions, weaves, braids, and lash extensions if possible. They can harbor bacteria.
- Arrange for a responsible adult to drive you home and stay with you initially. **You will not be released to an Uber or taxi.**

## THE FIRST WEEK

- Sleep on your back with your upper body elevated 30–45° (recliner, wedge pillow, or several pillows).
- Use cool compresses for 15–20 minutes about every hour while awake for the first 3 days. **No direct ice and no ice packs.**
- Rest, hydrate, and walk gently and regularly to promote circulation. Rise slowly and have assistance at first; you may feel weak.
- Avoid bending, straining, or lifting.
- Eat fresh pineapple, including the center core, or drink cold-pressed pineapple juice. Its bromelain helps reduce swelling.
- **You may shower 48 hours after your procedure.** Lukewarm water is fine for your body, but **use only cool water on the lasered area.** No hot water on your face. No baths. Be careful of falling.
  - Do not rub or pick at your face, and do not use soaps or cleansers on it.
  - Do not rub your face with a towel. Dab it dry gently with a clean paper towel.

## MEDICATIONS

- Continue your antiviral medication until finished.
- Start your antibiotics the evening of your procedure, once your nausea has passed and you can keep food down. Take them as prescribed until finished, and tell us if you have any reaction.
- Use your prescribed pain medication, or Tylenol if pain is mild. Do not take the two together; most prescription pain medications already contain Tylenol.
- Do not exceed 4,000 mg of Tylenol (acetaminophen) in 24 hours.
- Use your nausea medication as needed, if prescribed.
- Begin a stool softener when you start narcotic pain medication. Do not strain during bowel movements.

## SKIN AND WOUND CARE

- Depending on the strength and depth of your laser treatment, Dr. Naderi may direct you to follow one or more of the steps below.
- Starting the day after, gently cleanse your skin 4–6 times a day with cotton balls soaked in cool water.
  - Do not scrub. Be gentle. You may gently splash cool water on your face.
- Continue your hypochlorous acid (HOCl) spray on your face 3 times a day. Do not get it into your eyes.
- You may be asked to use diluted white vinegar soaks 3–4 times a day.
- At the beginning you may be asked to apply only Vaseline after each cleansing, for the first 3–5 days.
  - Do not let your skin dry out. Apply plenty of Vaseline.
  - Do not use Aquaphor or other ointments.
- You may be given other products to apply once you stop the Vaseline, such as Alastin Skin Nectar or ZO.
- **Do not scratch, pick, or pull at your skin or scabs.** You will get scars if you do.
- Avoid heat, sweating, and saunas.
- Do not apply ice directly to your skin. It can cause a frostbite burn.
- Do not take baths or get into a pool or jacuzzi.
- Do not apply makeup, sunscreen, or other products until Dr. Naderi says it is OK.

## ACTIVITY AND RECOVERY

- Do not lift more than 20 pounds for the first month.
- No exercise for the first month. You may then gradually resume and build back slowly, with the goal of returning to full activity by about 3 months.
- Most patients return to work in 1–2 weeks.
- Do not drive while taking narcotic pain medication or while you feel impaired.

- Do not fly for 7–10 days after your procedure. Flying can increase swelling for the first few months, so avoid unnecessary flights during that time.
- **Avoid sun exposure for 3 months.** This is very important; otherwise your skin can darken or lighten in patches. Wear a large-brimmed, loose hat.
- Hold off on your normal skincare routine and products until Dr. Naderi clears you.

## WHAT IS NORMAL

- Swelling and redness
- Mild to moderate bleeding, oozing, and drainage
- Dark patches and scabs
- Mild tightness and itching
- **A visible laser pattern.** You may see the pattern of the laser beam on your skin, which can look stamped. This is normal for the first several weeks, and sometimes for several months.

*If you are ever unsure, Dr. Naderi and our team are always available. Take a few clear, well-lit photos and email them to [Surgery@NaderiCenter.com](mailto:Surgery@NaderiCenter.com). For anything more urgent, please call the office so we get your message quickly.*

### CALL US RIGHT AWAY IF YOU HAVE

- Fever over 101°F
- Rapidly increasing or severe swelling
- Worsening pain not improving with medication
- Blisters or vesicles
- Rash or severe itching
- Increasing redness, warmth, pus, or concerning drainage

### CALL 911 IMMEDIATELY FOR

- Chest pain
- Shortness of breath
- Excessive bleeding

## REACH US

**VIRGINIA** 703.481.0002

**MARYLAND** 301.222.2020

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