

***Ablative Skin Resurfacing** is a type of resurfacing using a laser or deep chemical peel to remove the thin outer layer of skin (epidermis) and heat the underlying skin (dermis), which stimulates the growth of collagen — a protein that improves skin firmness and texture. As the epidermis heals and regrows, the treated area appears smoother and tighter.*

## PLANNING FOR PROCEDURE

### ONE MONTH BEFORE

- Secure any pre-surgical physicals, laboratory tests and EKGs, if required by your surgeon. Not all patients will require these tests to be performed, but if needed, don't wait to the last minute.
- Practice a healthy lifestyle including proper diet and exercise. Staying fit and healthy can only increase your chances for a quick recovery.
- Have your hair cut and colored as needed. This is a great time to make that salon appointment.

### 2 WEEKS BEFORE

- Stop taking certain medications, including aspirin, ibuprofen and vitamin E, which can increase your risk for certain complications.
- Avoid using any nicotine from this point on, including cigarettes, pipes, chew, vapes and even smoking cessation patches. Nicotine can interfere with healthy circulation through your body, which can slow your healing and increase your risk of complications.
- Add 500mg of Vitamin C and a multivitamin to your daily routine to improve your general health and prepare your body for healing.
- Make plans for your accommodations. Arrange for a family member or friend to drive you safely to the surgery center and home.
- Start preparing a recovery area- a designated space in your home that is comfortable and easily accessible. Gather pillows, blankets, comfortable clothes, neck pillows, entertainment, healthy snacks, water and medical supplies.
- Wear sunscreen daily to avoid sun damage- especially to your face! **AVOID the sun and/or tanning beds 2 weeks before this procedure.**

## RECOVERY EXPECTATIONS

### DAY OF PROCEDURE

After surgery, you may feel unsteady and sleepy. This is usually when you most need pain medication to say on top of discomfort. Take the prescribed pain medicine (Norco) or Extra Strength Tylenol as needed. You should wear loose clothing that fastens in the front for 2-3 days.

### FIRST WEEK

**SWELLING** and **BRUISING** of the surrounding tissues is completely normal. The bruising and swelling will be greater on the second or third day, but usually does not last more than one week.

**DIZZINESS** and **MILD DISCOMFORT** can be expected. This generally will clear up after a few days. Be sure to drink plenty of fluids. There is usually little pain following your procedure, but any pain can be eased with your prescribed pain medication (Norco) or Tylenol.

**STINGING** and **ITCHING** can be expected. The feeling of stinging pain 6-8 hours after surgery is completely normal. Within 24-36 hours, you will notice the treatment area resembles a deep sunburn and your will skin will "weep" for 3-4 days. You may also experience itching during the healing process. This is normal and will resolve in a few weeks. Benadryl may be used to help reduce itching.

**SKIN COLOR** will become an intense red/pink color that will fade rapidly depending on the strength of the peel/laser. A pink coloration may remain for 6-12 weeks or sometimes longer. Occasionally, small whiteheads may appear in the treated areas. These usually disappear in 2-3 weeks without specific treatment. Once the old skin comes off, you will have delicate new skin, which must toughen during the next few days. The skin will remain somewhat tense and smooth with a softening of finer wrinkles and deep grooves.

**MILD DEPRESSION** may be experienced after cosmetic surgery. This is related to the shock of seeing your face swollen and discolored. Remember this is a temporary condition and will get better day to day.



## DAILY CARE



### Face Cleanse

For the first 24 hours after surgery, you will only have to touch up the area with Aquaphor as needed. The following day after surgery, you will start this cleansing process. You will need to repeat this **4-6 times a day**.

Using warm water and the balls of your fingertips, GENTLY remove the Aquaphor. Keep repeating this process until most of the Aquaphor comes off. You may wash your hands with soap during this process. Make sure all the soap is rinsed off your hands before continuing to remove the Aquaphor. **DO NOT use a washcloth on your face. Pat your face dry with a towel.** Reapply the Aquaphor and then apply plastic wrap to the treated areas.

Vinegar wash starts on day 3 after peel or laser treatment. Mix (1) cup of water (bottled or distilled) with (1) Tablespoon white vinegar. Wash your face with this solution using fingers twice a day. After vinegar wash, reapply Aquaphor followed by plastic wrap. **Keep the affected area very moist for the first 3 days. Do not let the area dry out.** Vinegar wash can stop around day 10.



### Showering

You may wash your hair 2 days after surgery- using the provided baby shampoo as instructed. You may perform the above facial cleansing instructions in the shower by allowing warm water to run over your face. Use your fingertips to gently remove as much Aquaphor that will come off easily. **DO NOT use a washcloth. Pat your face dry with a towel.** Reapply the Aquaphor. The Aquaphor will be used until your first post-op check up.



### Sleeping

Sleep on your back with your head **elevated about 30-40 degrees** (2 pillows). You are encouraged to sleep this way for 1 week to minimize bruising and swelling.



### Soft Food

Eat soft foods for 2 days. Excess chewing can increase pain and swelling. Great examples of soft foods include: Jell-O, pudding and mashed potatoes. To avoid an upset stomach, eat something before taking any medication. You will also be prescribed an anti-nausea medication (Zofran) that can be taken as needed.



### Medication

Take the prescribed pain medicine (Norco) or Extra Strength Tylenol as needed. Continue taking your antibiotic (Keflex or Doxycycline) as prescribed until it is finished. You may take the prescribed sleeping pill (Restoril) as needed. Avoid straining when having a bowel movement- use the prescribed stool softener (Colace) that can be taken as needed.

## THINGS TO AVOID AFTER SURGERY



### Restricted Medications

Do not drink alcohol while taking pain medication. Avoid taking aspirin (Excedrin) and ibuprofen (Advil, Motrin, Aleve) for 1 week after surgery. Acetaminophen (Tylenol) can be taken for occasional aches and pains.



### Skin Picking

**NEVER** pick at the crust or pieces of skin that do not loosen easily. Applying the ointment prescribed by the doctor will prevent crusting and pieces of skin will come off easily with time- when the new skin underneath is ready.



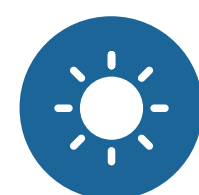
### Movement

You may be up and around the house without performing strenuous activities. No exercise for 2 weeks. Talking during the first week of recovery should be minimized. Excessive talking, laughing and chewing can cause increased pain and swelling.



### Cosmetics/ Grooming

Do not apply makeup until authorized by your doctor (generally, this is after 10 days). If you've had a full face peel/laser, you cannot color your hair for 3 weeks. Do not wax or tweeze facial hair in the treatment area for 6 weeks. Glasses and contacts may be worn after 10 days for those treated around the eyes or full face. It is important to avoid any pressure on the healing skin.



### Direct Sun

**AVOID DIRECT SUN EXPOSURE FOR 3 MONTHS.** Dark blotching of the treatment area will likely appear if the new, delicate skin is exposed too early. The treatment area should be protected from the sun for 3-6 months by a large brimmed hat and sunscreen (SPF 30) if you are going to be in the sun for prolonged periods. This means sunning oneself, all outdoor sports and leisure activities during the sunny parts of the day should be avoided in this 3 month period. **Sunscreen may NOT be applied until 10 days after your procedure.** Sunscreen should be applied to the treatment area 1 hour before going into the sun and reapplied every 3 hours.



### REPORT

Patients who are prone to develop "fever blisters" or "cold sores" occasionally have an exacerbation of these lesions. If this should occur, call the office immediately and we can prescribe treatment. Report any signs of infection such as excessive swelling, redness, sudden increase in pain or drainage and elevation in temperature (greater than 100.3 degrees). Report development of any drug reaction (rash, hives and/or itching).