



POST OPERATIVE INSTRUCTIONS-LASER RESURFACING

Patient Name: _____ Date of Post-Op: _____

Pre-Treatment Instructions:

- Stop Aspirin or any other anti-inflammatory medications at least 2 weeks before the procedure.
- Use Obagi Clear (Hydroquinone) and Retin A 5 weeks prior to the procedure but then stop 1 week prior to your procedure. If you cannot tolerate Retin A use Obagi Clear to avoid the risk of hyperpigmentation after laser resurfacing.
- Commence taking your prescribed Valtrex 3 days prior to the procedure and continue taking 2X a day until you finish your prescription.
- Take a shower the evening before or in the morning.
- **DO NOT WEAR MAKEUP ON THE DAY OF YOUR PROCEDURE.**
- **DO NOT WEAR hairspray, perfume, or hair products** on the day of the procedure. These contain flammable chemicals.
- Bring loose fitting clothing to the hospital to wear post-operatively.
- **SOMEONE MUST DRIVE YOU TO AND FROM THE PROCEDURE.**
- Avoid medications listed on the **PROHIBITED MEDICATIONS/SUBSTANCES LIST PROVIDED.**
- An over the counter stool softener (Colace or Miralax) is recommended if you are taking prescription narcotic pain medication since they may cause constipation

Post-Treatment Instructions:

- You will be given an ointment to use on your skin called **Elta Post Laser**. Keep the affected areas well lubricated with a thick layer of this ointment. Re-apply as generously and as often as needed. Use gloves or applicator cotton swabs to retrieve the ointment from the container.
- You may use a gentle cleanser to clean the ointment off and then reapply. You may shower 2 days after the procedure; Make sure you use luke-warm water and avoid hot or forceful water.
- **KEEP YOUR HEAD ELEVATED THE FIRST 3 DAYS.** This will keep the swelling to a minimum.
- Do not do any strenuous activity for 2 weeks. No heavy lifting over 5 pounds or strenuous activity.
- You may use cool compresses for the first 48 hours but you will need to reapply the ointment once you finish the cool compresses.
- Wear gloves or trim nails short to avoid scratching your face inadvertently while sleeping.
- You will be given a prescription for pain medication to take as needed. Tylenol over the counter may be preferable after a couple of days. Tylenol PM may also help you at night as it minimizes itching. This may cause drowsiness. An antibiotic will also be prescribed. Remember to finish your entire antibiotic prescription.
- Do NOT drive a car for 7-10 days or until off narcotic pain medication.
- Your post-operative appointment is usually 6 days after the procedure. At this time we may start you on a moisturizing sunblock. Make-up may be worn typically 7-10 days after the procedure if healed completely, but please contact the office before applying.
- **PROTECT YOUR FACE FROM THE SUN AT ALL TIMES!**
- **NO TRAVEL FOR 2 WEEKS POSTOPERATIVELY!!! Make plans accordingly.**

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE
DURING REGULAR BUSINESS HOURS, M-F 9-4:30 PM • (502) 589-5544**

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