

# GUELPH | FACIAL PLASTICS

## - CO2 Laser Resurfacing Care Instructions -

You will need to purchase: 4" x 4" gauze pads, white vinegar, distilled water, ointment (Aquaphor/Vaseline/Alastin Soothe and Protect), and prescriptions.

Evening before surgery:

1. Take medications as directed.

After surgery:

1. You may experience a feeling similar to severe sunburn in the treated area for several hours or more after the procedure, depending on extent of treatment. You may use cold packs, frequent showers or splashing of cool water on the face (*do not use soap*).
2. If other procedures were performed, Ibuprofen, Tylenol, or prescribed pain medication should be used.
3. The treated skin will be dressed with ointment after your procedure, later that evening soaks/cleansing begins. **Five to six (5 to 6) times a day, dip gauze pads in one cup water and one tablespoon vinegar and soak/wipe area to remove any crusting. Immediately apply a thick coat of ointment (Aquaphor/Vaseline/Alastin Soothe and Protect). Keep treated areas covered with this greasy ointment at all times.** It is important to keep skin moist and not allow it to become dry/crusty. *Do not* discontinue vinegar soaks and ointment until instructed by our office.
4. You may shower 24 hours after surgery. Remember **DO NOT** use soap on the dermabraded area.
5. Exercise may be resumed 10-14 days after the procedure. Exercise may exacerbate the redness, but this can be lessened with cold packs after exercising.

Other Instructions/General Information:

1. If the area to be treated includes around the mouth, and you have ever had a cold sore, you will be started on anti-viral medication on the day of your surgery and continuing for at least one (1) week after treatment. This minimizes the risk of developing cold sores/fever blisters. It is important to contact the office immediately both before and after your surgery if you develop unusual tingling of your lip or the early stages of a cold sore.
2. If having full face laser, glasses may not be worn for five to seven (5-7) days. Contacts may be worn at anytime.
3. The redness from lasered area may be covered up by make-up approximately seven to ten (7-10) days after the procedure. Instructions on when to do so will be given on an individual basis, at your return visit, 1 week after treatment.
4. Prescribed facial creams (resurfacing/bleaching creams) will be resumed **ONLY** when instructed by Dr. Brace. This will not usually be for four to six (4-6) weeks after treatment. Introduce one product at a time, waiting one to two (1-2) weeks before adding another product to your skin care regimen.
5. **Protection from sunlight is absolutely essential for six (6) months after the procedure. The first two (2) months are the most critical. Spotty pigmentation may result if sun exposure is not limited.** *Using a quality sunscreen with SPF of at least 30 and containing both UVA and UVB protection, wearing a brimmed hat, and using sunglasses are essential. High quality gentle sunscreen can be purchased at the office if desired.*

Please do not hesitate to contact Dr. Brace's office if you have any questions or concerns.

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