

# GUELPH | FACIAL PLASTICS

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

After procedure:

1. You may experience a feeling similar to a severe sunburn to the treated area for several hours after the procedure. You may use cold packs, frequent showers or splashing of cool water on the face to ease the discomfort.
2. Tylenol (acetaminophen) or prescribed pain medication can be taken as needed
3. The treated areas will be dressed with ointment office, later that evening the cleansing begins. **3 times a day, dip gauze pads in the mixture (1 cup water and 1 tablespoon vinegar) and soak/ gently wipe the area to remove any crusting. Immediately apply a thin layer of ointment (Aquaphor/Vaseline/Polysporin). Always keep treated areas covered with greasy ointment. Do not discontinue vinegar washes and ointment until instructed by our office.**
4. You may shower 24 hours after your procedure. Remember *DO NOT* use soap on the treated area.
5. Exercise may be resumed 10 to 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 procedure and continuing for at least 1 week. This minimizes the risk of developing cold sores/fever blisters.
2. The redness from lasered area may be covered up by make-up approximately 7 to 10 days after the procedure. Instructions on when to do so will be given on an individual basis, at your return visit, post operatively.
3. Protection from sunlight is absolutely essential for six (6) months after the procedure. The first two (2) months are the most critical. Splotchy 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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