

Laser Resurfacing Post Treatment Instructions

It is normal to experience a burning sensation for the first several hours after a laser procedure. It is rare to need oral medication for pain management. If you experience significant pain, please notify us.

It is very important to keep your face moist and we recommend using Aquaphor or Vaseline. Wash your hands thoroughly prior to touching your face and do not pick, scratch or rub your face. You must protect your face completely from the sun. You will not be able to wear sunscreen until your skin is no longer peeling and has a new layer of skin (usually on day 4-5). Do not put anything on your resurfaced skin except the Aquaphor until your provider has okayed it. At this stage, it is common to see allergic reactions even to products that you have used safely for years. Do not put antibiotic ointments or creams on your face as they commonly cause allergic reactions.

DAY 1 (first 24 hours)

- Your nurse will apply ointment immediately post procedure. You may apply Aquaphor as needed throughout the day as needed to keep skin hydrated.
- Cleanse skin using a gentle cleanser. Follow with a thin layer of Aquaphor to keep skin hydrated (every 2 to 3 waking hours).

DAYS 4-7

- Cleanse skin with a gentle cleanser. Apply a thin layer of Aquaphor throughout the day maintaining a “dewy” appearance at all times.
- Sunscreen can be used when skin is no longer peeling (usually around day 4-5).

Your skin will begin to slough and new, fresher skin will appear. Depending on the depth of your treatment, this will be complete within 2 to 7 days. Your new skin will be pink for several days and should be handled carefully. We will guide you as to which facial products may be used and when they are safe to start. You must protect your skin from the sun. Exposure to the sun can lead to burns and hyperpigmentation.

Postop Caretaker and Ride

- You need a responsible adult (family member, friend, or postop-op nurse) with you for at least 24 hours after your discharge from the Surgery Center.

Call the number below to report any of the following:

- Persistent nausea or vomiting
- Persistent chills or fever greater than 101° F
- Persistent bleeding that keeps the dressing wet
- Pain at a level that is intolerable despite pain medications, icing, and elevation
- Sudden onset of calf pain, redness, or swelling
- For difficulty breathing, shortness of breath, or chest pain call 911 immediately

If you have more questions or concerns, please call or text us at (503) 382-8899.

Caregiver signature _____ Date/Time _____

Provider signature _____ Date/Time _____