

Laser Resurfacing – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk for 10 minutes every hour.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared at the 4 week mark.
- Avoid lifting more than 10 pounds during early recovery.
- You can shower 24 hours after the procedure. Do not soak the laser treatment areas.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision & Care

- Keep treatment areas clean.
- Avoid direct sun exposure to incisions for at least 6 months.
- Contact the office for fever, increasing pain, redness, or drainage.

Skin Care

- Apply prescribed topical products as directed.
- Do not pick or peel treated skin.
- Use gentle cleansing and hydration products as instructed.
- Do not compress or apply tape to skin.

Swelling & Healing

- Keep head elevated for 7–10 days with multiple pillows.
- Redness may persist for several weeks.
- Most healing occurs within 7–10 days.

Sun Protection

- Use broad-spectrum sunscreen daily when instructed.
- Avoid prolonged sun exposure for at least 4–6 weeks.

You can drive and return to work in 5 days.