

POST-OPERATIVE LASER INSTRUCTIONS

Items to have at home for post operative care:

- Sterile gloves or finger cots
- Dove bar soap or unscented Neutrogena bar soap
- Aquaphor ointment
- Start Valtrex prescription one day before surgery date
- Sun screen (SPF 50 or higher)

Start this routine when arriving home the day of laser resurfacing:

- Vicodin (if needed for pain) one pill every four hours
- Continue Valtrex as prescribed (finish entire prescription)
- Take Keflex antibiotic prescription 4x daily for 5 days
- Benadryl (if needed for itching) one pill every six hours
- Do NOT use cleanser, moisturizer, or lotion until day 11

Day 1 -10

Hands should be covered with sterile gloves for the first 10 days when having any contact with the face. The dressings will be removed on day 3. Aquaphor ointment should be applied when the dressings are removed, and should be worn throughout days 3 -10. During this time, the face may be cleansed by allowing water to run gently over the face while showering and you may gently wash the face with Dove soap and a soft cloth. Pat the face dry with a soft towel and immediately apply Aquaphor ointment. Apply fresh Aquaphor ointment every four hours with sterile gloves. When the skin is shed, the new re-epithelialized tissue is quite pink: **this is normal**. At this time it is crucial to refrain from extreme heat, direct sun exposure, sunlamps, or UV radiation until the redness has subsided. This redness may last up to 8-12 weeks. Cosmetics may be applied as soon as your skin has healed which is usually after day 7 – 10. You may want to use yellow based makeup to cover up the redness. Make sure all cosmetic products are hypoallergenic. Avoid all sun exposure for the first two weeks.

Day 11- 60

Morning and Evening:

- Cleanse with gentle cleanser
- Apply sun block to entire face (SPF 50 or higher)

Day 61+

Morning and Evening:

- Cleanse with gentle cleanser
- Apply sun block to entire face in morning
- Resume lotion to entire face at night - - use sparingly

If a problem should arise or you have a question, I can be reached at the following number:

- Office (913)-588-6600
- After Hours (877) 738-7286

I hope that your surgery experience with us is a positive one. Please contact my office with any questions.

Jason A. Sokol, MD