



Dermatology Cosmetic Laser
Assoc. of La Jolla, Inc. (CA)
9339 Genesee Ave Suite 300
San Diego, CA 92121

Co2 LASER RESURFACING

What to expect and preparation

BEFORE YOUR PROCEDURE

- You will have a Pre-Op appointment, in office or on the phone, with our Pre-Op Nurse.
- Please come to the office with absolutely no facial make-up, sunscreen, moisturizer or artificial eye lashes/extensions.
- Male patients must shave night before procedure.
- No jewelry please. No earrings or facial piercings.
- Do not wear contact lenses. Please wear eye glasses if needed to read consents on the day of surgery.
- Wear comfortable clothing such as sweat pants and a zip or button top; bring a pair of warm socks.
- If you are scheduled for IV conscious sedation- you will be advised to fast before your procedure.
- For safety reasons, we recommend that you have a RESPONSIBLE ADULT to drive you home after surgery. We cannot permit you to leave in an Uber or Taxi. We can recommend a trusted professional driving service if necessary.
- You will be given a pack of disposable gauze pads (for vinegar soaks), Vaniply ointment and any other post procedure products recommended by your doctor the day of your procedure.

POST-OP WHAT TO EXPECT

- Sensation of heat/sunburn is normal. It is OK to take Tylenol.
- You will be instructed to do wet soaks with a vinegar solution every 2-4 waking hours until all the peeling has subsided (approximately 10-14 days).
- Redness, oozing, crusting & swelling will occur immediately after treatment. These symptoms typically peak at 48-72 hours, with the crusting/peeling lasting approximately 7-10 days and redness lasting approximately 2-4 weeks. You will not be able to wear make-up during this time or until approved by your doctor.
- You will be prescribed an antibiotic and possibly an antiviral or pain relief medication. This will be determined during your Pre-Op appointment.
- Your doctor will advise you on when it is OK to start cleansing the face.

RECOMMENDED PRODUCTS TO BE USED AFTER PROCEDURE

CAN PURCHASE AT OUR OFFICE: Alastin Recovery Balm Calecim Serum Calecim MAC
 Gentle Cleanser Lasercyn Spray StrataMed (Blue) StrataCel (Green) TNS Ceramide Cream
 Vaniply ointment

OTC Items: DISTILLED Water Extra strength Tylenol 500 mg Make up sponges Wash Cloths
 White Vinegar Wide Brim Hat Ziploc Bags Addt'l/Misc. _____

Additional notes/instructions:

Dr. _____ Assistant: _____ Date: _____