



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

## Co2 LASER RESURFACING

### Post Op Care

#### **SOAK INSTRUCTIONS**

- You will be doing these soaks every 2-4 waking hours until all crusting/peeling has subsided.
- The night before your procedure, prepare a solution of vinegar water using **1 teaspoon of white vinegar in 8 ounces of distilled water**: place 4 gauze pads in a Ziploc bag and pour the vinegar water into the bag so that all the gauze pads are saturated. Zip closed and place in the refrigerator overnight.
- Place one of the pre-chilled gauze on your face for 10 minutes. DO NOT rub or apply any friction to the gauze. The gauze will gently pick up any small clots of blood or crusts that may have formed. After removing the gauze pads, discard. DO NOT RE-USE. Apply a smooth layer of recommended ointment.
- DO NOT lie flat during soaks. Recline at about a 45-degree angle.

#### **AFTER YOUR PROCEDURE**

- When you come home after your laser procedure, have something to eat, something to drink and take medication(s) as instructed. You may still feel the medications given during treatment. Please rest and start doing soaks when you awake.
- Do a soak with the vinegar solution you have pre-mixed every 2-4 waking hours followed by application of recommended ointment. Reapply as needed (with clean hands) in between soaks to keep face moist. There should always be a noticeable thin layer of ointment on the skin.
- Use Lasercyn Spray as needed.
- Please wait until you are seen in office for your 24-hour post op before showering. **Your doctor will advise you regarding showering and when to start washing face.**
- Do not use any products on your face other than what is recommended by your doctor.
- Sleep on 2-3 pillows under your shoulders to reduce the swelling of the face.
- 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.
- Swelling and redness are normal and to be expected; it will fade gradually over 1-2 weeks or up to 6-8 weeks around the eyes and/or mouth.
- DO NOT RUB, PICK, WIPE, OR SCRATCH THE TREATED AREA.
- DO NOT drink carbonated drinks; DO NOT eat salty foods –this will lessen swelling.

**\*\*If you develop a fever, rash, blisters, increased pain, severe itching or change in color of the weeping fluid, call our office immediately as these symptoms may be a sign of infection. \*\***

**After Hours Answering Service: 858-657-1002**

**Dr. \_\_\_\_\_ Email/Cell# \_\_\_\_\_**

Patient survey given: Patient signature \_\_\_\_\_ Date/Time: \_\_\_\_\_