

# Laser Resurfacing Procedures

## What to expect before, during and after your surgery

### **Before your surgery:**

- This surgery is done for enhancement of the skin of the face. Treatment of the neck and chest is often added. It may also be done to treat acne scarring. The “down-time” is approximately 7 to 14 days depending on the surgery to be done.
- This surgery is done in our Operating Room.
- This surgery requires a 1-hour Phone Pre-op appointment approximately 2 weeks prior for preparation or surgery. Our Registered Nurse will review your medical history and order medication. You will also be told what to eat and drink in the hours before surgery to maintain hydration and calories. Your Pre-operative Nurse will ask you to take notes during this appointment because a great deal of information will be given and there will be many instructions to follow. You may need to have an additional Phone Pre-operative appointment, depending on the procedure(s) that is to be done on the day of your surgery. You will have received a Post-Operative Instruction document, sent to you as an email ATTACHMENT, BEFORE the Final Phone Pre-op appointment is scheduled to be able to learn all of the aftercare that you will be doing for the week after your surgery. You will also be told which products are necessary for the Post-op care.
- You will require a course of Antibiotic and Antiviral medications.
- You will need a driver after discharge.
- You will return to the office the next day for your 1<sup>st</sup> Post-op appointment. You can drive yourself to this appointment.

### **Day of your surgery:**

- You will be in our Operating Room for approximately 3 to 4 hours and will be given I.V. medication and other types of medication during the surgery. You will **NOT** have General Anesthesia. Typically, we do **NOT** use the services of an anesthesiologist. LASER procedures can be painful, so the medications you receive will sedate, treat pain, and make the skin numb over the course of hours while you are having surgery. You will be drowsy, but you will be able to answer your Physician and your Nurse’s questions and follow instructions.

### **After your surgery:**

- We will do your 1<sup>st</sup> vinegar/water soak in the Recovery Room. These soaks will be the mainstay of your post-operative care for the next week. You will receive very detailed instructions for the post-operative soaks during the **PRE-OPERATIVE APPOINTMENT**. You will follow these instructions as soon as you get home and over the course of the next 7 to 14 days.
- When you are alert enough to go home, we will call your driver and then bring you down to the car.

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- You will use your **LASERCYN SPRAY** on the way home in the car to treat the sensation of sunburn. A sensation of deep sunburn is the full extent of the discomfort after surgery.

**At home:**

- Have a healthy meal after arrival home. Start with simple, easy to digest foods and hydrate well to replenish fluids. Avoid alcohol for 3 days after surgery.

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- Start Tylenol 500 mg, one or two pills, and you may repeat every 4 hours while awake. You will have a sensation of deep sunburn, and this will be readily treated by taking Tylenol (**DO NOT TAKE IBUPROFEN products until your Physician approves which may be 3-5 days**). The sensation of sunburn will lessen over the next few hours, made better by the **LASERCYN SPRAY** that you will be using as well as the vinegar/water soaks that you will do.
- Take the entire course of antibiotic and antiviral medications, over the course of 10 days, following the instructions for each dose given by your Pre-op Nurse.
- Swelling and redness are **NORMAL** after this surgery. The eyelids may be **EXTREMELY** swollen, and this too is **NORMAL**. Swelling can last more than a week. Sleeping on your back and elevated on 2-3 pillows is very helpful to reduce swelling.
- Crusting will start about day 3-4 and last for 7 to 14 days. It is **VERY** important that you **DO NOT** allow the face to peel before the crusts are ready to come off naturally. Please **DO NOT PICK, PEEL, RUB OR WIPE THE TREATMENT SURFACE**. There is added risk for infection and poor wound healing if the treatment surface peels prematurely.
- **DO NOT SHOWER** until your Physician approves. You may take a bath.
- You will **NOT** be able to wear **CONTACT LENSES** for many days after this surgery. Your Physician will give you permission to resume the use of contacts. You can wear glasses.
- We do recommend that you use eye drops in the day, frequently, and lubricating eye drops before bed.
- You will **NOT** be able to use sunblock or makeup for at least a week.
- We also recommend that you limit interaction with pets after surgery. You are at increased risk for infection and contact with pets may infect you with the bacteria/virus or fungus on their fur. You will **NOT** be able to sleep with pets.
- Remember that this is a process and a journey. There is a great deal of self-care to be done after surgery.
- Our Physician's and Staff believe the hard work involved is worth the outcome.

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**Please contact our office if you have any questions or concerns at (858)657-1002.**

Additional notes/instructions:

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Physician: \_\_\_\_\_ Assistant: \_\_\_\_\_ Date: \_\_\_\_\_