

LASER RESURFACING POST-OP INSTRUCTIONS

- **If you have a facemask**, it is a thin transparent membrane covered by a fish net stocking. The membrane must stay in contact with your skin. In the event the membrane shifts position or rolls-up around the edges, use a Q-tip to gently roll or slide back into place. **This facemask and transparent membrane will be removed in the office on day 2 or 3. You will then begin cleaning. Areas not covered must have Vaseline applied (Lips and Eyelids).**
- Wash your face 5-6 times per day with sterile saline (**NO SOAP**) and then:
- Apply Vaseline in a thick layer after each washing.
- Use your fingertips or gauze to massage away dead skin layers during this process.
- Scab formation and dryness will slow your healing process...keep skin lubricated!!
- Sleep on three to four pillows or in a recliner for first three nights to decrease swelling.

EXPECTATIONS

- Significant facial and eye area swelling occurs during the first week.
- There will be a yellow weepy discharge from the skin for ~ 5 days. This must be removed by frequent cleaning!!
- You should expect redness (or pinkness) for several weeks or months.
- Avoid sun for six months after the procedure.
- One week after surgery we may recommend using a moisturizer such as Kinerase or Procyte®.
- (Women): You may begin to apply make-up around the tenth day after surgery (check w/ Dr. Gross for his approval on an individual basis)

MEDICATIONS

- Valtrex 500mg 1 table twice a day (begin before surgery).....antiviral
- Keflex 500 mg (Cephalexin) 1 tablet twice a day....antibiotic
- Lortab 7.5 mg (Hydrocodone) 1 every 6 hours as needed forpain
- Celebrex 200mg take once a day as directed.....inflammation
- Ativan 1mg (Lorazepam) 1 tablet every 8 hours as needed foranxiety and sleep.
- Vaseline apply in thick layer four to six times a day to moisturize skin
- Arnica 30X take as directed (begin day before surgery).....inflammation and bruising

FOLLOW-UP VISITS

- You will be seen in the office on day 2 to check your progress and remove your mask. Please call Dr. Gross at (321) 356-4396, if you have questions or concerns. If you have a true emergency call 911.

I have received a copy of the above instructions and agree to follow them

X _____ Date _____