

PRE AND POST OPERATIVE INSTRUCTIONS FOR ABLATIVE LASER TREATMENT

Pre-Operative Instructions:

1. Pre-laser sedation will be required. Generally we use a combination of Ativan and Percocet so you must have someone pick you up from the clinic, you cannot drive yourself. Please ensure you eat prior to your appointment.
2. All patients having resurfacing treatments around the mouth must take an oral antiviral agent to prevent any cold sore virus getting into the treated areas. Even if you've never had a cold sore before, you could still carry the virus. Valtrex 500 mg twice a day to start 1 day before treatment and continue on for 10 days post treatment (12 days total). If you have a history of cold sores then the prescription is: Valtrex 500 mg twice a day, to start 3 days prior to treatment and continue for 10 days post treatment (14 days total).
3. Patients are also prescribed an oral antibiotic: Ancef (Keflex) 500mg taken 4 times a day for 10 days. Please start these the morning of your procedure.
4. Please discontinue any products containing active ingredients 7 days prior to your treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids), Benzoyl Peroxide, Hydroquinone. If you have any questions about your current skin care products, please call our office 403-571-3141.
5. Please show up to your treatment appointment with no makeup on.
6. Avoid sun exposure (including tanning beds) for at least 14 days prior to treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
7. Do not wax or use depilatory creams on the treatment area for 14 days prior to treatment.
8. Avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinners 5-7 days before your treatment. If you are on a prescribed blood thinner, please contact our office at 403-571-3141.
9. Please bring a wide brimmed hat with you on your treatment day to protect your skin when you leave the office.

Post-Operative Instructions:

After your treatment you will leave the office with a thick layer of Aquaphor (a Vaseline type ointment) on your skin. You will be provided with a tube of this to take home. You will also be provided with a Bio Cellulose mask which you may use if your face feels very hot and uncomfortable. This mask provides short term cooling and comfort. After the mask you can apply more Aquaphor onto your

skin. **Please ensure your skin does not dry out (i.e. always ensure a good layer of Aquaphor is on the skin).**

Step 1. Beginning the day following your treatment, cleanse the skin twice a day with plain, lukewarm water and a gentle cleanser; (i.e. Cetaphil). Always ensure you wash your hands well before touching your face. Use your hands to gently apply the cleanser and water and finish by patting dry with a clean soft cloth. Be careful not to rub the treated area.

Step 2. In the AM begin using Surfamol (10 powder packets individually wrapped). Use 1 pack per day for 10 days mixed in 12oz of water. Dip gauze pads and apply every 2-3hrs post procedure (while awake). Press firmly on the skin for 2 minutes.

Step 3. Apply 4-6 drops of CE Ferulic Serum by SkinCeuticals to your face – this will burn/sting but is safe to use (only do this step once in the morning, then skip this step during the rest of the applications throughout the day). CE Ferulic after laser treatment is very well tolerated and will enhance your results. Not only will it help with some swelling, it also decreases redness and downtime.

Step 4. Apply a THIN layer of Pomatrol. Use Pomatrol only for the first 4 days post procedure then discontinue. Do not apply too thick of a layer or it could cause pre-mature peeling or post procedure acne.

Step 5. Once the Pomatrol has absorbed into the skin between the Surfamol washes you will apply the Aquaphor provided to keep resurfaced areas moist.

Step 6. On day 5 you can discontinue the use of Aquaphor and Pomatrol. You can now apply a thick layer of Revitol immediately after each Surfamol solution application. You can be very generous with this application. Use Revitol for the next 2-3 weeks.

Other Instructions:

1. On day 3 you may shower. Your face will be very red initially and gradually fade in color over the following months. Use Johnson & Johnson Baby Shampoo or Johnson & Johnson No More Tears Shampoo until the skin is completely healed (2-3 weeks). (Regular shampoo may burn and irritate the treated skin).
2. Immediately after treatment, swelling is common and expected. To help reduced swelling, we recommend to sleep in an upright position the first few nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially around the eyes. Swelling may last 2-4 days depending on the aggressiveness of the treatment. If the eyelids

- were treated you may have blurred vision for the first 3-4 days because of the swelling and small amounts of ointment that gets into the eyes. This is safe but a bit of a nuisance. It is difficult to wear contact lenses for the first 5-6 days, so you may want to wear just glasses.
3. Post treatment discomfort may be relieved by over the counter oral pain relievers; i.e. Extra Strength Tylenol or prescribed pain medication if ordered by the doctor.
 4. Avoid strenuous activity and sweating until skin has healed (10-14 days).
 5. Keep hair back and out of your face at all times during the healing process.
 6. **Please inform Dr. Dawes' office if you have an unexpected admission to any hospital for any reason if it occurs within 10 days of your treatment.**
 7. Continue to avoid skin irritants (ie. Retinol, Retin-A, Tretinoin, Vitamin A, Glycolic Acid, Salicylic Acid, AHAs, LHAs, and Benzoyl Peroxide) for two to three months.
 8. After skin is healed, your skin will continue to build new collagen for up to a year. It is important to be on a skin care regime to maintain healthy skin and optimal results. Your treatment provider will discuss this with you.

Expect to be red and then gradually pink fading to a normal facial skin color over a period of a **minimum** of 1-3 months. The pinkness can last **several** months and behaves like a sunburn effect. Please contact our office to discuss make up cover up options, if desired.

You may develop milia (tiny white blocked pores) which is common after a laser procedure and not a concern. You can cut back slightly on the aquaphore to prevent the pores from being blocked and they will resolve. Do not pick at them or attempt to pop them.

Sun Exposure:

Sun exposure should be avoided for 6 months post treatment. Even cloudy days and just driving in your car can create potential brown patches on your face in the resurfaced areas. If the treated area is exposed to sun (direct or indirect), blistering, scarring, hyperpigmentation or hypo-pigmentation can/will occur. Sunscreen is a **MUST** and should be used daily beginning once you are done peeling, (usually around day 10) and used vigilantly for a year post procedure. The treated area is more sensitive to sunlight for approximately 1 year. You will maintain your results from your procedure longer if you continue to protect your skin from the sun. Use a mineral sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of at least 30. Do not use a chemical sunscreen. The SPF provided in your post treatment kit is ideal and what we recommend for daily use (Physical Fusion by SkinCeuticals SPF 50). Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.

Summary:

1. Keep resurfaced areas moist with the ointments provided.
2. **Remember you will ooze blood. This is normal and part of the healing process. Even small amounts of bright red blood is normal.**
3. Stay positive and think of your end results!!

Potential Laser Resurfacing Complications:

The following complications could occur but are uncommon with the laser resurfacing, please contact our office immediately if any of these occur:

1. Allergic contact dermatitis due to topical antibiotics (Polysporin, Bactroban, Fucidin). Use **only** the products we suggest for you. DO NOT USE antibiotic ointment.
2. Herpes simplex type 1 (cold sores). Prevented by using oral Valtrex.
3. Transient hyperpigmentation (increasing pigment in the skin like a dark blotchy sun tan). This is a common **temporary** change that usually starts at about 4-8 weeks after resurfacing and will take several months to resolve. Topical products are available to assist if this occurs, please inform our office.
4. Persistent erythema (redness beyond the 3 month phase).
5. Hypertrophic-keloid scars (elevated scar tissue) (rare).
6. In sun damaged skin sometimes the skin will be lighter for up to one year after. In severely sun damaged skin the treated area may stay a lighter color.
7. Eye irritation is more common after resurfacing the eyelids and crows feet areas. If your eyes feel like they have "glass" in them they may be infected. Call Dr. Dawes' office at 403-571-3141.

Patient's Name (Printed): _____

Signature: _____

Date: _____

Witness: _____