

**LASER SKIN RESURFACING
AFTER CARE INSTRUCTIONS**

Pre-Treatment Preparation

1. Two days before your procedure begin Valtrex. The purpose of this medication is to decrease your risk of developing shingles or herpes zoster after your laser treatment. This complication is painful and causes the highest risk of scarring therefore Valtrex is mandatory. You will continue this medication for 5 days following the procedure (6 days total treatment).

The Day of Surgery

1. Immediately after treatment, your skin will be weepy with serum. Depending on the area and depth of treatment you will have either an anti-bacterial ointment, an occlusive “mask dressing” or both on your face.
2. Begin your prescribed antibiotics. Be sure to follow the directions on the pack and complete the full course of treatment. These antibiotics reduce your risk of infection after the procedure.
3. Your skin will feel warm as if you have a sunburn or windburn. Cool compresses may be applied (towels soaked in cool water and wrung out very well).

The Night of Surgery

1. If you have the Flexzan occlusive mask applied, it will be removed and reapplied 1-2 times during the first 5-6 days after the procedure to allow for maximal healing. Any exposed areas, such as the eyes, should be covered with an ophthalmic antibiotic ointment 3-4 times a day. If laser resurfacing is performed around your mouth, you may use a non-petroleum jelly (Vaseline) ointment on the lips.
2. If you do not have the occlusive mask, you may gently cleanse your face using cool water with one-half strength Hydrogen Peroxide several times per day. One-half strength Hydrogen Peroxide is made by combining equal parts 3% Hydrogen Peroxide (purchased over the counter) and cool water (eg. ¼ cup Hydrogen Peroxide and ¼ cup water). Pat the skin dry after washing.

After washing your face, apply a thin layer of Bacitracin ointment (purchased over the counter) to keep the skin shiny and moist. You will want to apply this two to three times per day until the weeping subsides.

3. Avoid picking or scratching the treated areas.

4. You may shower and wash your hair if you wish, but do not let the shampoo hit your face (It will burn). Keep any facial dressing dry. If you do not have a facial dressing, it is OK if water gently runs over the treated areas, but do not soak these areas directly under the water stream.

Post-Procedure Days 1-6

1. Once the weeping stops and a crust forms over the treatment area (usually by day 2), continue to gently wash your face once or twice per day with a gentle cleanser (eg. Cetaphil or clinical grade cleanser purchased from Dr. Beck). Pat dry and apply a thin layer of healing ointment (eg. Aquaphor Healing Ointment or other clinical grade ointment purchased from Dr. Beck).
2. Minimize talking and eat a soft diet or drink liquids from a straw for the first few days to minimize tension of facial muscles and help the scab formation.
3. Most discomfort will occur during the first 24-48 hours after your laser skin resurfacing. Please take the prescribed pain medication as directed for the first 2-3 days after surgery. It is not uncommon for you to need it every 3-4 hours. Take it with crackers, Jell-O, etc. After this time, take the pain medication only if you have pain. If the prescription pain medication is too strong for your pain needs, over the counter ibuprofen (400-800 mg every 6-8 hours) can be substituted.
4. Most of the major swelling will occur during the first 3 days after surgery. To help to minimize the swelling, keep your head elevated on two or more pillows for approximately 7-10 days. In addition, **start the Medrol Dose Pack on post-procedure day #1**. This medication helps decrease swelling and inflammation. Be sure to follow the directions on the pack and complete the full course of treatment.
5. You may take Benadryl 25mg tablets as needed every 6 hours for intolerable itching.
6. IF YOU HAVE A MASK: Two hours prior to your dressing change appointment, you may remove the gauze wrap or “fishnet” dressing holding the mask in place. Do not remove the mask. You may shower and shampoo your hair, allowing the water to hit your face and mask. Please attempt to keep the mask on your face, even if the mask becomes loose. This helps to minimize discomfort while the nurse removes the mask and replaces it.

Post-Procedure Days 7-14

1. IF YOU HAVE A MASK: After removing the “mask” a clinical grade moisturizer (eg. EltaMD, Aquaphor) will be used very sparingly 2-3 times daily to reduce discomfort and itching. Specific instructions on use will be given to you at the time of your follow-up visit.

2. You may continue to take Benadryl 25mg tablets as needed every 6 hours for intolerable itching.
3. Your skin should be healed 10-14 days following the procedure. At this time you should make an appointment with Dr. Beck's skin care aesthetician so you can learn how to take care of your skin. For the first 4-6 weeks following LASER resurfacing, your skin will be red and gradually diminish to a light pink color. During this time you may begin to apply hypoallergenic cosmetics. You can apply a cover-up make-up followed by a base make-up to camouflage the redness. Most patients can return to work or activities 10-14 days after a moderate depth LASER peel procedure without any difficulty.
4. Be aware of environmental effects on the treated skin. All treatment areas will be extremely sensitive to sunlight during the healing phase. Sun exposure, strong winds, swimming in chlorinated or salt water may cause irritation. Some make-up and hair products you have used previously may temporarily cause irritation to your skin as you heal. Once the scabs fall off and the skin is re-epithelialized, use of a clinical grade sunscreen with SPF of at least 30 and zinc oxide (UVA and UVB protection) for at least 6 months is recommended.

Please note:

- **If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.**
- **If you develop a fever (oral temperature greater than 100°), new redness, new swelling and/or increased pain at the treatment site(s), please call Dr. Beck immediately.**

FOLLOW-UP INSTRUCTIONS

It is important to be seen by Dr. Beck after your initial post-op checks. He will see you for follow-up appointments at 1 week, 3 weeks, 6 weeks, 3 months, 6 months and 1-year post-op. For your convenience you may schedule your appointments at either our Southlake or Dallas office (see below). To schedule your appointment please call us at 214-818-4751 between the hours of 8:30 am – 5:00 pm at least 1 week prior to your desired date.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. BECK

If you need immediate care, please call Dr. Beck anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Beck's cell: given at time of surgery

Dr. Beck's office: 214-818-4751

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