

**Erbium (Moderate-Deep) / CO2 LASERABRASION / PEEL (RESURFACING) Pre- and Post-LASER PATIENT INSTRUCTIONS**

\* Please arrive 30 minutes prior to the scheduled procedure time so that medications may be given.

**INSTRUCTIONS PRE-OP:**

1. Please do not wear make-up and/or jewelry on the day of your procedure.

Please be prepared to remove your contact lenses before surgery or wear glasses preferentially. Wear clothing that buttons down in front (no pullovers).

**Avoid aspirin**, aspirin containing products, **Plavix, Advil, Nuprin, Motrin, ibuprofen** and **Gingko** for *2 weeks before* and *48 hours after procedure*.

**Avoid drinking alcoholic beverages, smoking** and **Vitamin E** (or fish oil vitamin products with Vitamin E) for *2 weeks before* and *after procedure*.

Take your other usual daily medications in the morning with a sip of water (unless directed otherwise).

Avoid/minimize sun exposure and/or use sunscreen (SPF 30 or >) for *2 weeks before procedure*.

Please arrange to have a responsible adult drive you home after surgery and stay with you that evening.

Wash your face, neck and hair thoroughly the night before surgery and on the morning of surgery.

Men should shave their face on the day of the procedure. You may have a light breakfast the morning of procedure (unless instructed otherwise).

2. **PRE- AND POST-OP MEDICATIONS:**

**Retin-A/Renova** or **Glycolic product** (or \_\_\_\_\_ per Dr.): Start *2-4 weeks* prior to and discontinue *5-7 days* before the procedure.

θ **Solaquin Forte 4% cream** (or equivalent per Dr. Strimling \_\_\_\_\_): Start *2 weeks* before the procedure if indicated by Dr. Resume Solaquin Forte or equivalent after the procedure when instructed.

θ **Duricef**: Take *1 tablet in the morning* and *1 tablet in the evening* starting the morning of the procedure for *5 days*.

(or θ **Zithromax**: Take *2 tablets the morning of the procedure*, then continue *1 tablet daily* for *4 days*.)

**Zovirax (or Valtrex or Famvir)**: Take 1 tablet in the morning and 1 tablet in the evening starting the morning of the procedure for *10 days*.

**Extra-strength Tylenol** or **Tylenol #3** (or equivalent), but not both at same time: Take *1-2 tablet/s every 4-6 hours* after surgery as needed for pain.

**Dalmane (15 mg) / Halcion / Valium** or equivalent: Take *1 tablet at bed-time* starting after surgery if needed to aid sleep.

**POST-OPERATIVE CARE:**

1. Starting/on evening of procedure, gently cleanse off topically applied **Bacitracin** or **Polysporin ointment** (or equivalent topical product per Dr.) with cool to lukewarm water and then soak the treated area for *10 minutes, 4-6 times a day* (while awake) using **1 teaspoon white vinegar in 1 cup of cool to lukewarm water** on a washcloth. Any scabs should be gently soaked off, if possible.

**DO NOT PICK OR RUB EXCESSIVELY TO REMOVE DEAD SKIN OR SCABS**, as this may increase the risk of scarring.

2. After soaking, pat the skin dry with a towel and apply a layer of **Polysporin ointment** (or equivalent topical per Dr.) over the treated areas.

Re-apply the ointment after 4-6 times daily cleansings / soakings and whenever the skin feels dry for the **first 3 days**.

**After 3 days**, switch to **Aquafor healing ointment** (or equivalent topical per Dr.) and continue same regimen of 4-6 times daily cleansing / soaking.

3. You may shower and/or wash your hair *daily* if desired. Re-apply **Polysporin ointment / Aquafor healing ointment** after showering.

4. Sleep on your back with your head elevated on a few pillows and avoid bending down for the first few days to prevent/decrease facial swelling. Use ice packs (ice wrapped in a soft cloth), *5-15 minutes per hour*, as needed to decrease swelling (for the first day or two).

5. If the skin around the mouth was treated, avoid excessive talking and other oral activities that cause significant movement of this treated area (e.g. excessive chewing) for the next *3-5 days*. We recommend a **soft diet** (i.e. foods that do not require excessive chewing) over the next *3-5 days*.

6. Avoid strenuous exercise for the next *2 weeks* to avoid skin irritation.

7. The area(s) will heal in about 5-10 days, followed by variable redness that slowly fades over one or several weeks or occasionally longer.

Do not expose the treated skin to the sun for until healed. After your skin heals in about 5-10 days, use a **high SPF (at least SPF 30) sun screen** *daily* for *several weeks or more* (or until your skin is completely healed and no longer even faintly red) to avoid changes in skin coloration (i.e. darkening).

Moisturizers, cover creams, and make-up can be resumed after the area has healed (in *5-10 days*).

Green based foundation (e.g. **Covermark, Dermablend**) is very effective in covering red areas.

Your skin may be very dry following the procedure while continuing to heal. Moisturizers we prefer: **Vanicream, Eucerin, Aquafor healing ointment**.

8. Please avoid smoking for at least *2 weeks* before and after surgery.

9. If you are using **Retin-A** or glycolic acid based topically applied products, please discontinue using these *5-7 days* before your procedure.

You may begin re-using one of these, but usually not both products after you have healed, and when instructed so by Dr. Strimling.

(Also, please avoid any cosmetic facials for at least *1 week* before your procedure.)

10. Follow peri- and post-procedure instructions carefully for best possible outcome.

**POST-OPERATIVE COURSE/EXPECTATIONS:**

Mild to moderate redness is expected for 1-2 weeks and usually gradually fades over another several weeks, but may take longer.

Oozing of clear to yellow/pink fluid from the treated sites may occur for 3-7 days. (You may use a clean wash cloth or 4x4 gauze pad(s), as needed to absorb this drainage.) Mild to moderate swelling is normal and should improve after 24-48 hours, but may last 3-7 days.

Mild burning of the treated sites may occur and should resolve within 1 week. (You may take **Tylenol** or **Tylenol #3** (or equivalent), but not both at the same time and/or apply cool compresses to the treated area for relief of any discomfort.)

Significant bleeding after laser is rare, but should any occur, please apply firm pressure to the area for 15 minutes.

Most bleeding will stop with firm pressure. If bleeding doesn't stop or you have any other problems, please call our office.

Expect improvement and not perfection. Occasionally, repeat treatment or a touch-up may be desired, as with any cosmetic procedure.

Usually, we must wait until complete healing has occurred before any touch-up may be performed.

An additional charge is our policy for any desired repeat or touch-up treatment.

Occasionally, a different related or unrelated procedure may be desired or recommended in addition.

Possible complications are unusual and unexpected, yet treatable and may include, but are not limited to: allergic reaction, infection, discoloration or color mismatch (usually temporary) and rarely, focal scar formation that may be itchy and/or painful.

**FOLLOW-UP CARE:**

Please schedule follow-up appointments at 1-3 days and 7-10 days after your procedure.

If you have any questions or concerns, please do not hesitate to contact our office, **ROBERT B. STRIMLING, M.D. & Associates**  
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