

Laser Resurfacing Pre-Surgery Instructions:

1. Three days prior to surgery, discontinue using all Retin-A products. Not to be resumed for 3 months.
2. Two days before your surgery, begin taking your anti-viral medication (Famvir). This will be called into your pharmacy a week before your surgery. The day of surgery is day #3 on Famvir, take this for a total of 10 days.

Post-Operative Instructions

1. Immediately following procedure, a dressing may be applied to treat areas. Leave on overnight, remove it in the morning and begin the vinegar soaks as instructed below. If the dressing should come off sooner, do not replace it, begin vinegar soaks then apply a layer of Aquaphor Healing Ointment.
2. Post Op pain is usually minimal and can be treated with either Tylenol (as directed on package), and/or moist cold packs to treated areas. If you receive a prescription for pain reliever, try to save this for bedtime.
3. DO NOT TOUCH YOUR FACE WITH UNCLEAN HANDS OR FINGERS! WASH YOUR HANDS FREQUENTLY WITH ANTISEPTIC SOAP.
4. **Vinegar Soak Technique:** Make a cool water solution of 1 cup cool distilled water + 1 tablespoon white vinegar. Dip gauze pads into solution until partially soaked. Lie down with towel under your head with saturated gauze pad and soak the treated areas for 10-15minutes. Using several Q-tips roll the Q-tips over the skin to gently release any peeling skin that has lifted from the vinegar solution. Gently pat dry and apply an ample coat of Aquafor Healing Ointment with Q-tips or gauze. Repeat 4 times daily or more often for comfort. If the vinegar solution stings or burns, dilute with more water. Prepare a new vinegar solution with each soak to prevent contamination.
5. When shampooing your hair in the shower, tilt your head back so you don't get the full shower stream on your face for at least 2 weeks after surgery.
6. Avoid all sun exposure for two weeks following the procedure; wear a wide-brimmed hat to block all sun exposure. After two weeks, apply sunscreen with SPF 30-45 daily. Remember to avoid direct sun exposure to the treated area for 6 months after surgery.
7. Treated areas may remain pink for up to 12 weeks. Make up/foundation may be used when the area is fully healed (10-14days).

Things to Buy:

White distilled vinegar	Q-tips
Distilled Water	Gauze dressing 4x4 (not sterile)
Aquafor Healing Ointment (do not use an already open jar)	Baby shampoo

Please call if you have any questions or concerns

770-604-4141