

## LASER RESURFACING POST-OP INSTRUCTIONS

### **General Discharge Instructions:**

1. The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, nonacid juices).

### **Medications:**

-You will receive prescriptions the morning of surgery and they will be sent to the pharmacy of your choice.

-If prescribed, take all antibiotics and antivirals until as directed until gone.

-Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.

-Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.

-Take pain medication and muscle relaxer 2-4 hours apart.

-ALL narcotic medication can cause constipation following surgery. You may buy Metamucil, Milk of Magnesia, Correctol, or Dulcolax suppositories. All are available without a prescription at the pharmacy. DO NOT allow yourself to have any problems with constipation.

-You may have some itching; if so, you may take Benadryl tablets (as long as your aren't allergic to Benadryl) -Resume all your regular medications after surgery

**-Starting Tylenol and Ibuprofen products-** These medications may be started 48 hours after surgery. Incorporating Ibuprofen will allow you to be able to taper off of your narcotic medication. Once you're no longer taking your narcotic medication (which contains Tylenol), you may start to also incorporate Tylenol for pain.

### **Activity:**

-Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and walk around your house at least every 2 hours during the day to prevent developing a blood clot.

-Sleep with your head up, 4 pillows or 40 degrees—this will help swelling. Some patients prefer to sleep in a recliner. Use old linens on your bed and/or towels on you pillowcases to protect them from the Aquaphor. You will also want to wear old clothes as the Aquaphor is sometimes difficult to get out of clothes/linens, etc.

-NO SUN at all until the doctor gives the okay, and then you must use a good sunscreen all the time—at least SPF #30 and reapply according to directions. The doctor may have you wear a hat and sunglasses.

-Avoid bending over or lifting heavy objects or straining for 1 week.

-Soft diet-limit chewing: Soups, smoothies, jello, pastas, mashed potatoes. Drink plenty of fluids.

-You can resume sexual activity at least 2 weeks after surgery, or when it is no longer painful.

-You may drive after 1 week if you are not taking narcotic pain medicine and dependent on the amount of swelling your experiencing that may obstruct your vision. Be cautious of sun exposure in the car through the car windows.

-Housework 2-3 weeks.

-You can return to work within a week as long as you have a job that does not involve heavy lifting.

-Exercise 4-6 weeks.

### **Wound Care:**

-Rinse/soak your face 6 to 10 times a day—slowly getting the Aquaphor & some of the scabs off. You may either shower or rinse/soak your face at the sink; this could take up to 20min. DO NOT RUB THE FACE! Use a washcloth to soak your face, make sure it is clean and very soft. Do not let the shower water hit you directly on the face—you will have to get the washcloth wet and soak face. Pat face dry with a clean, dry washcloth or towel before applying the Aquaphor with very clean hands.

-Fingernails have a great deal of bacteria under them, do not scratch you face.

-If you have some areas that seem overly irritated or are open, you should apply Bacitracin to these areas before applying the Aquaphor. Also, when you are almost healed, except for a few small areas, you may use Bacitriacin “or” Aquaphor.

-DO NOT use soap on your face until the doctor has okayed this, with is usually a week or more after surgery—at that time start with baby shampoo only. If the soap burns, rinse off with washcloth and this should stop the burning.

-DO NOT use any make-up or regular cleanser on your face until the doctor has okayed this; Which can be anywhere between 10 days to 6 weeks.

-DO NOT use ice, ice packs, etc. as this can kill new, fragile skin.

-Apply enough Aquaphor to cover the face; if it is too thick, it will drip. You should have enough Aquaphor but if you need additional, you can purchase another jar. If you get the Aquaphor in your hair, it is very difficult to get it out. Dishwashing liquid (e/g/ Joy, Dawn, etc.) usually works but you cannot get the dishwashing liquid on your face!

### **When to call the Doctor:**

-If you experience any signs of infection, fever of 101.0 or higher, redness/heat, purulent/odorous drainage.

-If you have any problems call our office at 937-886-2980.

### **Follow up:**

-Your follow up appointment can be made ahead of time, for 3-7 days post op following your surgery date. This is at the discretion of your doctor.