

# Postoperative Instructions for Patients Undergoing Laser Skin Resurfacing

## Day 1

Immediately after surgery, the recovery room nurses will apply Bacitracin ointment and ice packs to the treated area. Continue with ice packs and Bacitracin for the first 24 hours.

## Day 2

Continue applying ice packs for comfort and start to apply gauze compresses soaked in normal (0.9%) saline. Discontinue the Bacitracin. Leave the compresses on the treated area for 2-3 minutes, remove, and repeat the procedure for a total of 15 minutes. Reapply compresses 5-6 times daily followed by cooled Crisco. (Keep the can in the fridge.) Always have Crisco on your face between soaks to prevent the treated area from drying out.

## Day 3

Gently wash face with a mild soap. Continue with the cool compresses and the Crisco. Discontinue the ice packs. As you see skin starting to peel off, gently wipe off and apply cooled Crisco. Do this at least 5 times a day. Continue to do this until all skin has peeled off (approx. 7-12 days).

## Day 7-14

Once all of the dead skin has peeled off and the treated area is smooth and pink with a coating of new skin, the nurse will give you Pigment Control lotion to help reduce the redness. Later, you will consult with our aesthetician regarding a makeup/concealer to accelerate your return to work and other public activities. At this point you may use a mild moisturizer, together with a sunscreen during the day.

## General

1. If itching occurs, you may purchase over-the-counter Hydrocortisone 1% and apply 1-2 times daily or as directed by Dr. Boyd.
2. For the first two weeks keep your head elevated to minimize swelling. Sleep on a clean towel with at least two pillows under your head.
3. Throughout the postoperative period take your medications as directed. These will include an antibiotic, a painkiller (if needed) and an anti cold sore medication.
4. Please call the office (310) 530-4200 if you have any problem with the treated area or if you have any questions regarding your care.