

MICHAEL J. SUNDINE, M.D., F.A.C.S.
AESTHETIC PLASTIC SURGERY
Certified By The American Board of Plastic Surgery

**LASER SKIN RESURFACING
AFTER CARE INSTRUCTIONS**

Pre-Op

- Two days before your treatment begin Valtrex 500 mg, two times daily. 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.
- Other medications prescribed are as follows:
Keflex is an antibiotic to reduce your risk of infection after the procedure. Vicodin/Lortab is a pain medication to control any discomfort. Take these medications with food or milk to avoid nausea and/or vomiting.

After Care

- You will experience a burning sensation on the skin that will last between 30 minutes and 3 hours on up to the first day.
- You will want to take several days off of work. Treatment to the facial area will result in an appearance similar to a darker tan/sunburn for the first day. A fine scab will be formed by the skin. Do not be concerned, this promotes the healing process.
- After 1-2 days the eschar/necrotic skin will disappear and the skin will have a tanned look. Redness may persist up to 3 days. On day 4-5 your face will get darker and then near the 5th day the skin will start to peel. More intense treatments can take up to 7 days for recover.
- Wash your face using a mild soap like Purpose, Neutrogena, or a soap-free cleanser like Cetaphil.
- Wash the treated area everyday and apply Aquaphor Ointment to the treated sites and lips 4 times a day. Avoid hot water.
- For the eye area: Treatment to the eyelids may result in swelling and create a slight squint. Redness may persist up to 3 days. Cleanse your eyes with cool water and dab or pat lightly with a towel. Avoid hot water. Lubricating eye drops (i.e. Artificial tears) will help to decrease dryness of your eyes. Ice packs may give some comfort and swelling around your eyes.
- If the skin around the mouth is tight minimize extreme facial expressions and use a straw to drink.
- Rest. Avoid strenuous exercise, bending, straining, stooping, or lifting heavy objects for 1 week after the procedure. These activities may cause more swelling and pain on your face and slow down your recovery.
- Sleep with your head elevated on two pillows for one week after the procedure.
- Avoid sun exposure for at least six months. A sunscreen SPF 15 or higher should be applied every day. Use a hat and sunglasses. Your skin is extremely vulnerable to the sun after having laser treatment. Protecting your skin and limiting sun exposure ensures the best cosmetic results.
- At the time of scheduling the laser procedure, please schedule your follow-up appointment for 2 days after the procedure.
- You may take Benadryl 25 mg tablets as needed every 6 hours for intolerable itching. Be careful because the Benadryl will cause sedation
- Your skin should be healed 7-10 days following the procedure. At this point you may use Oxygenetix make up, which is safe for resurfaced skin. For the first 4-6 weeks following the resurfacing, your skin will be red and gradually diminish

to a light pink color. You can apply a green cover-up make-up followed by a base make-up to camouflage the redness. Most patients can return to work or activities by 10-14 days after the resurfacing procedure without any difficulty.

- It is important to be seen by Dr. Sundine after your initial post-op checks. He will see you in follow-up appointments at 3 weeks, 6 weeks, 6 months, and 1 year post-op. Call to schedule your appointments at 949-706-3100.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR SUNDINE

During the hours of 8:30 AM-5:00 PM, please call the office at 949-706-3100. If you need immediate care, please call Dr. Sundine anytime on his cell phone (949-677-5845). 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 e-mail me any time.

Dr. Sundine's Office: 949-706-3100

Dr. Sundine's Cell Phone: 949-677-5845

Dr. Sundine's e-mail: info@drsundine.com