

POSTOPERATIVE CARE-OUTPATIENT SURGERY

LASER SKIN RESURFACING

- **Your first 24 hours**

Someone should stay overnight with you.

- **Position**

Sleep on your back with your head elevated on a few pillows for the first few days if the face is swollen. A pillow under your knees and arms may make you more comfortable.

- **Dressings**

Keep your dressings as clean as possible. Do not remove them unless instructed to do so.

- **Sutures**

The sutures in front of your ears will be removed 4-6 days after surgery. If you have had an incision made under your chin, those sutures also will be removed 4-6 days after surgery. The staples within the hair and the sutures behind the ear are removed 7-10 days after surgery. Apply ointment to suture lines in front of ears 2-3 times daily until all sutures are removed. You may clean all suture lines to remove dried blood using a moistened Q-tip.

- **Swelling**

Expect some discomfort. This should be relieved by your pain medication.

- **Ice Packs**

Ice packs can be helpful with both swelling and discomfort. The swelling and bruises will go away within several weeks. Ice packs will help the discomfort and swelling.

- **Discoloration**

The amount of redness and erythema varies from person to person and can last up to 3-4 months or more. We can, however, expect initial healing to be complete in 7-12 days. After this has occurred and new pink skin is present, then you are allowed to apply makeup.

- **Protecting New Skin**

The new skin surface will be covered with epithelium (new skin) within 7-9 days. Once the new surface is present, the ointments, etc. can be discontinued. The new surface is very thin and tender. Avoid injury and the sun. Apply sunscreen with an SPF (sun protector factor) of at least 30 if you plan to be outside at all.

- **Drinking and Eating**

If the skin around your mouth is swollen or tight, drink from a cup or a spoon.

- **Showering and Bathing**

You should wash the treated area twice daily and remove all ointment and creams. Pat the area dry and reapply the medicated ointment prescribed. It is best to use moist cotton balls for this purpose. Avoid rubbing or aggressive cleaning of your face at all times. Standing in the shower 2-3 times a day may be helpful as well.

- **Activities**

We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4 to 6 weeks. The physician will give you clearance to increase your activities according to the progress of your recovery.

- **Driving**

You may resume driving 7-10 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive.

- **Sexual Activity**

You may enjoy sexual activity as your body allows with certain restrictions.

- **Pain Management**

There can be discomfort for the first few days, although it can be easily treated with pain medication. If there is significant discomfort after 4-5 days then we become concerned a little about infection. You should contact us immediately.

- **Medications**

Take all medications as instructed in your planning session. This should include an antibiotic, pain medication, and perhaps medication for sleep. At times, we also prescribe medication for itching, nausea, or swelling.

- **Diet**

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, let us know as soon as possible. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

- **Smoking**

Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 15 days after surgery.

- **Alcohol**

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **Returning To Work**

The average person usually returns to work or to a social schedule in 2-3 weeks. However, there is considerable variation in healing and occasionally a full month is required.

- **Post Operative Appointments**

It is very important that you follow the schedule of appointments we establish after surgery.

- **Finally**

If you have excessive bleeding or pain, call the office at 859-254-5665, day or night.