

Facial Surgery Center

LASER & CHEMICAL PEEL SKIN RESURFACING POST-OP CARE

SUPPLIES NEEDED: Vinegar, Vaseline or Complex CU3, and Cotton Balls.

POST OPERATIVE CARE:

*If a silicone face mask was applied, simply keep towels handy around your neck to absorb any drainage from underneath the mask. Very little further wound care is necessary.

- 1) Soak the treated area for 15 minutes, 4 times a day, using a solution of 1 Tablespoon white vinegar in 1 cup of cool water on a washcloth. Any scabs present should be gently soaked off if possible. DO NOT PICK TO REMOVE DEAD SKIN OR SCABS.
- 2) After soaking, wash face with mild soap and water, and rinse then pat the skin dry with a towel and apply a layer of Vaseline or Complex CU3 over entire face. Reapply the ointment whenever the skin feels dry.
- 3) Sleep on your back with your head elevated on a few pillows for the first few days if the face is swollen.
- 4) If the skin around the mouth is swollen or tight, drink from straws.
- 5) Avoid strenuous exercise for 2 weeks to avoid irritating the skin.
- 6) Do not expose the skin to the sun for 2 weeks. After completely healing, it will be able to tolerate sunscreen. We recommend Ti-Silc, a moisturizer with 45 SPF sunblock.
- 7) Most laser skin resurfacing are supplemented by the use of creams such as retinoic acid (Retin A TM), which cause constant turnover of the top layers of skin, further improving its integrity. Dr. Bowman will instruct you when to resume the appropriate strength of Retin A TM, and/or smoothing gel.

POST -OPERATIVE EXPECTATIONS:

- 1) Mild to moderate redness is expected and will fade gradually over a 4 to 6 week period.
- 2) Oozing of clear fluid from the surgical site may occur for 3 to 7 days.
- 3) Mild to moderate swelling is normal and may last 3 to 7 days.

EMERGENCY:

Call our office immediately if you have any unexpected problems after the procedure.