

POST-OP INSTRUCTIONS FOR RESURFACING PROCEDURES

FOR CHEMICAL PEELS:

Day 1-5 wash face or shower 4 to 5 times each day using the Cetaphil cleaner. After washing apply a thin layer of ointment. Do not use a cloth to dry your face, put ointment on immediately after you rinse.

FOR LASER, DERMABRASION AND CHEMICAL PEELS AFTER DAY 5-6:

You will have a dressing called Flexzan. It will be changed at the office as the doctor feels necessary. The dressing will remain for about 4-5 days (which is day 9-11 for chemical peels and day 4 or 5 for laser or dermabrasion). The dressing promotes healing without having to do anything to the area.

When it is time for the dressing to be removed, you will start to soak your face with a “white vinegar mixture.” Mix 1 teaspoon of white vinegar to 1 cup of lukewarm tap water. Use this solution to gently soak the area with one of the 4 x 4 gauze pads. After soaking (10-15 minutes) rinse with lukewarm water, do not dry, and immediately apply your ointment.

To wash the delicate eye area, dip a Q-tip in the vinegar solution and gently apply over the eye area. Rinse and then apply ointment with a Q-tip. Repeat every 2-4 hours at a minimum of 6 times a day.

Approximately 2 weeks after your procedure, you may have some white pimples called milia. We can demonstrate a technique on how to eliminate the milia, but do not pick at them. You may also need a pigment lotion added to your program. Your doctor will tell you when you may resume Retin-A or maintenance skin care.

Swelling/Head Elevated

- ◆ It is important to stay upright at least to a 30-degree angle (use 2 pillows when lying down) for 2 -3 days to minimize swelling. It is not unusual to experience swelling in and around the resurfaced areas.

Bleeding

- ◆ Over the first week or so, you may have a little pin-point bleeding after you wash over the resurfaced area.

Oozing

- ◆ There will be light yellow oozing from resurfaced areas. This is nature’s reaction to the resurfacing process.

Eating

- ◆ If your lips are tender, it is recommended to eat **soft foods**, (Jell-O, soup, mashed potatoes, etc.) and apply ointment or chap stick.

Hygiene

- ◆ Shower and wash your hair at any time being careful not to get the dressing wet at any time. Continue usual oral hygiene. If it is difficult to open your mouth, use a child’s toothbrush.

Activities

- ◆ No strenuous exercise, heavy lifting, bending or straining for 10-14 days. Do not, however, confine yourself to bed. Walking is a great activity, in moderation of course.

Please adhere to the following instructions:

- ⇒ Do not remove white (Flexzan) dressing, unless it comes off on its own. If so begin cleaning and applying ointment as above.
- ⇒ Do not rub, scratch or pick at crusts on resurfaced area.
- ⇒ To avoid scarring, it is important not to peel off any skin or crusts.
- ⇒ Sunlight, extreme heat or wind should be **AVOIDED**.
- ⇒ Call your doctor immediately if any signs or infection are present. (Fever of 101⁰+ or extreme pain).

Moisturizer:

Once your doctor instructs you to begin moisturizer in place of ointment, use SkinCeutical's SPF 30 after cleaning with Cetaphil.

It is absolutely necessary to protect your new skin. Be sure to wear a hat and sunglasses if you are out in the sun for any extended period of time.

After you have completely healed, you can also use makeup. Our makeup consultant will be happy to help you find the right makeup for you.

If you are unsure about anything, please ASK.

****Please feel free to call us at 770.393.9000 with any questions or concerns.**