



CO2 LASER RESURFACING INSTRUCTIONS (310) 277-3223

BEFORE SURGERY

1. **ASPIRIN**: **AVOID TAKING ASPRIN, IBUPROFEN, OR ASPIRIN-CONTAINING COMPOUNDS FOR TWO WEEKS BEFORE AND AFTER SURGERY.** Be careful; many medications sold over the counter contain small amounts of aspirin. Aspirin interferes with coagulation and can cause excessive bruising or bleeding after the operation. Please read the document “Medications to Avoid Before and After Surgery”.
2. **ALCOHOL**: Avoid drinking alcohol for 48 hours before surgery. Alcohol interferes with some of the medications that are given during and after surgery.
3. **SMOKING**: Smoking is **absolutely not permitted** for at least **TWO WEEKS** before or after surgery; if this seems unusually cruel and unfair, please discuss with me personally; **it is that important!**
4. **SUN EXPOSURE**: Do not burn or tan your face for **six weeks** before surgery.
5. **HAIR CARE**: Please shampoo your hair before retiring the night before surgery. If you tint, dye, or bleach your hair, this should be done no later than 3-4 days prior to surgery.
6. **SKIN CARE**: Continue your regular skin care routine as well as the peel & bleach instructions. Please wash your face thoroughly before retiring the night before surgery. **Do not wear makeup or moisturizer on the day of surgery.**
7. **MEDICATIONS**: Continue to take your routine medications until the day of surgery. Please check with the office to determine if these medications should be taken the morning of surgery.
8. **ATTIRE**: Wear a comfortable, loose-fitting shirt or warm-up suit that buttons or zips. You will be more comfortable wearing a bathrobe and slippers. Do not wear any panty hose or high-heeled shoes. Do not wear contact lenses of any type to surgery.
9. **VALUABLES**: The Surgical Facility is not responsible for any valuables; therefore, we suggest you remove all types of jewelry and leave them at home. Please do not bring a purse on the day of surgery, but bring a credit card so we may call in any necessary prescriptions or if you are staying at an after care facility.

10. **ANESTHESIA**: Our anesthesia provider will be calling you on the evening prior to surgery. Patients find it a good opportunity to chat and ask questions regarding their anesthesia, and tend to be more relaxed the following morning. Please try to be home to receive the phone call; if not, let us know where you might be reached.
11. **ILLNESS**: If you become ill or develop any signs of infection on your face, **please notify the office at once.**
12. **DIET: DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE NIGHT BEFORE YOUR SURGERY**
13. **PEEL AND BLEACH CREAM**: Start using **six weeks** prior to surgery. See attached list for instructions.

AFTER SURGERY

14. **ACTIVITY**: On the day of surgery remain in bed. You are allowed up to use the bathroom with assistance and for meals.
15. **DIET**: Begin with cool clear liquids. You may advance to a cool, soft diet later that day as tolerated. Avoid hot, steamy liquids or foods for more than 72 hours after surgery. If your lips were treated, you should avoid hot liquids until the lips are fully healed, and avoid using a straw until that time as well.
16. **DRESSING**: There will be no bandages. The treated areas will be covered by Glucan Pro Ointment. You should maintain a thin lay of the Glucan Pro at all times, until crusting and peeling has resolved. Apply sparingly, a few times per day, as you would suntan lotion or Chap Stick. If you allow the crusts to become too dry, the skin may crack or bleed.
17. **COOL COMPRESS**: Cold compresses must be applied the day of surgery and the entire following day. All you need is a clean washcloth and a basin full of tap water and ice. Many patients prefer to us “beanbags” made from frozen peas tied into baggies and stored in the freezer. The cold compresses are very important to minimize swelling and also to minimize discomfort.
18. **ALCOHOL AND ASPIRIN**: Do not drink alcohol for at least 48 hours after surgery. You should not consume any alcohol while you are still taking medication for pain or sleep. Do not take aspirin or aspirin-containing compounds for **two weeks** following surgery.
19. **GLASSES AND CONTACTS**: You may wear glasses immediately after surgery. Contact lens wear may be resumed seven (7) days following eyelid surgery.
20. **MEDICATION**: Antibiotics are to be taken for several days after surgery, to prevent infection. You will also be given medication for pain and sleep. These are not necessary unless you need them, and should be only required for a few days. Resume your routine medications on the day after surgery.

21. **HAIR:** You may wash your hair on the second day following surgery. If you are still at the aftercare facility, they will do this for you.
22. **HYGIENE:** You may gently wash your face the day after surgery. You may shower as soon as you feel strong and steady enough. ***Do not wash the areas that were treated: this skin is protecting the new layer of skin below.*** Avoid using makeup on the treated areas until you are advised it is safe to do so. Do not pick at or pull off skin from treated areas. You may carefully trim any crusts that are separated from the skin using a clean sharp scissor: it is better if we do this for you.
23. **MAKEUP:** Beginning approximately **two weeks** after your treatment, your face will be entering the second phase of healing which involves dry, tight, itchy and pink skin. Use a bland moisturizer that provides adequate lubrication. During this healing period, many patients will need to wear cover-up makeup, which often has a green tint to neutralize the pink color of the new skin. Our office can refer you to a professional makeup artist who can assist you. With you beautiful new skin, you need to be careful to remove your makeup very gently. Taking makeup off is often more traumatic than putting it on!
24. **DRIVING:** Do not drive until instructed to do so; usually **4-7 days** after surgery, and your vision and senses are clear. **You may not drive while taking pain medication.**
25. **SMOKING:** No smoking for **two weeks** after surgery (no cheating!)
26. **SUN EXPOSURE:** Do not tan or expose your face to direct sunlight for **three months** following surgery. Wear a hat and use sunscreen with an SPF of at least 40+. We recommend TIZO.
27. **EXERCISE:** Strenuous activities (running, aerobics, weight training, swimming, tennis, etc.) must be avoided for **three weeks** after surgery. You may walk after **three days** and use a stationary bike, Stairmaster, or walking treadmill after **two weeks**.

FOR ROUTINE QUESTIONS, A NURSE OR PHYSICIAN WILL BE AVAILABLE TO SPEAK WITH YOU WEEKDAYS BETWEEN 9 AM AND 5 PM.

FOR EMERGENCIES, TELEPHONE ANY TIME DAY OR NIGHT.