

CENTER FOR PLASTIC & COSMETIC SURGERY
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CO2 LASER SKIN RESURFACING

You are about to undergo a Laser skin resurfacing procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

PRE-OPERATIVE INSTRUCTIONS:

This procedure lasts approximately one hour. You will spend about 1-1/2 to 2 hours in the recovery room. You will be discharged home when stable.

You must have someone drive you home and stay with you during the first 24-hours following the surgery.

Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for three weeks prior to the surgery.

If you are a smoker, you should stop smoking at least three weeks prior to the surgery and for three weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.

Doctor Fedele can have your prescriptions for you prior to your surgery so that you can get them filled before the day of your surgery. This will make it easier for you immediately following the surgery and save any running around to fill prescriptions after your surgery.

Doctor Fedele will give you an additional prescription for an anti-viral medication (Valtrex 500 mg/PO BID). This should be started 2 days prior to your surgery date to help prevent viral outbreak. This is continued postoperatively until you are completely healed.

DAY OF SURGERY EXPECTATIONS:

Initial discomfort is controlled with oral pain medications but you may experience continuous discomfort for the first 48 to 72 hours.

You will have a silicone facial mask dressing over the area treated. This should remain in place for approximately 5 to 7 days. Doctor Fedele will remove this dressing as needed.

Keep conversations to a minimum to promote better dressing adherence.

If any treated area becomes exposed, due to the mask pulling away from the skin, simply apply aqua-phor ointment frequently (approximately 3 to 4 times a day) to keep the area moist. Aqua-phor ointment is available over-the-counter.

If you experience itching or discomfort on your face underneath the mask, simply push gently on the mask, in the area where the itching is occurring. Do not scratch or rub the mask.

Keep your head elevated to reduce swelling. Use an old towel to place on the pillow or around the base of your neck to help with the drainage that will occur from underneath the mask.

It is normal to have drainage of a yellowish clear fluid that can become crusting near the jawline or bottom part of the mask. Do not attempt to pick this off but rather soak it off with saline gauze or moistened washcloths.