

LASER & COSMETIC SURGERY SPECIALISTS, PC

POST-OPERATIVE INSTRUCTIONS

Patient:

Surgery Date:

Post-Operative Instructions for Fractional CO2 laser

IN CASE OF AN EMERGENCY

- During business hours: call the office @ (845) 863-1772
 - After hours or weekends: call Dr. Rubinstein's pager @ 888-235-9868
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

Fractional CO2 FULL FACE, NECK OR CHEST: POST-PROCEDURE INSTRUCTIONS

PRE-PROCEDURE INSTRUCTIONS

- Sun avoidance/sun protection starting at least 2 weeks before the procedure.
- Discontinue skin care products containing Retin-A, retinoids, glycolic acid, salicylic acid, lactic acid, etc. for 2 weeks pre laser.

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POST-PROCEDURE INSTRUCTIONS

The office will provide you with the following supplies:

- Dry gauze
- Aquaphor ointment (given on day of procedure)
- Anasept cleansing spray
- Alastin Procedure Enhancement System
- Rubi Skin Science Aloe Cort cream

Phase 1: The first week

1. Initially, the lasered area will be red with drainage but will progressively lighten and turn pink by days 2 to 3.

Oozing generally stops by 48 hours. Significant swelling can be expected. Applying ice compresses (10 minutes on, 10 minutes off) and keeping your head elevated during the first two days can significantly reduce swelling.

2. For the first 48 hours, your skin should be kept clean and moist at all times. For the first 48 hours, you will cleanse the skin and apply Aquaphor ointment every 4 hours. Set an alarm to wake up at least once during the first night of sleep.

Prior to cleansing the skin, wash your hands with antibacterial soap. To cleanse the skin, generously spray Anasept directly onto the lasered area (it is safe to spray over and around the eyes with the eyelids closed). If there are any areas of crusting or dried blood, gently wipe them away using a clean gauze that has been saturated in Anasept. Avoid excessive pressure which can cause bleeding. Allow the skin to air dry for 1-2 minutes and then apply a generous layer of Aquaphor ointment to the treated areas. Do not let the skin dry out for the first 48 hours.

If the lasered area is covered by an occlusive dressing (i.e. facelift, Precision TX Laser Lift), do not remove the dressing to cleanse the skin. Only apply Anasept and Aquaphor to the exposed areas for first 48 hours. You should also apply Aquaphor around the edges of the dressing to prevent irritation and crusting from rubbing.

If you wear glasses, make sure you wipe them down with alcohol as they can harbor bacteria and cause an infection. Avoid wearing glasses directly on raw skin for the first 48 hours. You should frequently clean your phone with alcohol and avoid putting the phone directly to your face for the first week.

3. After 48 hours, you will reduce the frequency of cleansing with Anasept spray to twice a day. You no longer need to apply Aquaphor ointment. After cleansing, apply Alastin Regenerating Skin Nectar followed by Alastin Ultra Light Moisturizer. Continue this protocol for 1 week.

4. If a facelift or Precision TX Laser Lift was also performed, **do not wear your reusable head/neck garment at nighttime until your 1-week post op appointment.** This is to prevent irritation of the freshly lasered skin. You will be instructed when it is okay to start wearing the garment.

5. Your skin may itch. This is normal. Please use over the counter Claritin, once daily. This may continue for 2 to 3 weeks. Continue Claritin as needed. Do not scratch your skin. Rubi Skin Science Aloe Cort cream can be applied to areas of itching.

6. Showering is permitted on the second day. Do not use washcloths, loofahs, or non-prescribed cleansers on the lasered skin.

7. You will be prescribed oral antibiotics and Valtrex (an antiviral medication) to help prevent a skin infection during the recovery period.

8. Your first follow-up visit will be 1 week from the procedure. The second follow-up visit will be 6 weeks from the procedure. Plan on taking one week off from work (+/- 2 days).

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Phase 2: Weeks 2 - 12

1. Starting one week from your procedure, stop cleansing with Anasept spray and switch to Alastin Ultra Calm Cleansing Cream. Continue using the Alastin Regenerating Skin Nectar followed by Alastin Ultra Light Moisturizer. For areas that may be more red or itchy, you can also apply Rubi Skin Science Aloe Cort Cream. Begin using Alastin SilkSHIELD All Mineral Sunscreen. **Do not use non-prescribed products for the first 3 months as they can clog pores, cause a possible reaction due to impurities, and/or affect your healing.**
2. Starting one week from your procedure, when the skin has begun to epithelialize, a purely mineral-based makeup (such as Physicians Formula, Bare Minerals or Jane Iredale) can be worn to cover the pink skin color. This light pink color will last up to 3 months. It is a sign of ongoing collagen production. It will take up to 6 months to see your final results. **Do not use non-prescribed make up.** It can clog pores, cause milia, and result in a severe acne outbreak.
3. **Avoid direct sun exposure for 3 months** (i.e. beach, tanning) or until the pink skin color fades back to its original color (indicating complete healing). Continue using medical grade Alastin SilkSHIELD All Mineral Sunscreen. The sunscreen should be used indoors and outdoors and reapplied midday, even on cloudy days. This will help prevent hyperpigmentation. **Do not use store bought sunscreens for the first 3 months.**
4. Your provider may add other skin care products to treat hyperpigmentation or acne that occasionally develop after laser resurfacing.

Phase 3: Beyond 3 months

1. Once your skin has returned to its normal color (usually within 3 months), healing is complete. Regular skin care products and makeup can be resumed at that time. We do, however, recommend using Rubi Skin Science and Alastin Skincare products as you will find they will work better and have less reactions versus other products you may find online or at your pharmacy.
2. Botox will help prevent the return of expression lines (lip, frown, worry, and smile lines) that were smoothed away with laser treatment to the face. Maintenance Fraxel Dual laser treatments (a different type of laser, with minimal to no downtime) are recommended on an as needed basis.

Please call or text the office if you have any questions or concerns @ 845-863-1772 or e-mail at info@yourfacemd.com.

Call Dr. Rubinstein if:

- 1) You have fever or chills (above 101F)
- 2) You develop rash, small blisters, or the surrounding area becomes red
- 3) Severe pain not responding to medications or significantly more pain in one eye than the other
- 4) Increasing swelling or redness after the third day when things should be subsiding
- 5) Significant changes in vision, anything more than mild blurring

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.

Patient Signature

Date

Coordinator Signature

Date

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Ran Y. Rubinstein, MD

Date

Nurse Signature

Date

Revised 6-9-09