



DIANE WALDER
DERMATOLOGY
by RIVERCHASE

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Carbon Dioxide Laser Resurfacing POST-OPERATIVE SKIN CARE Fractionated/Non-Fractionated

Call us if you experience any one of the following:

Pain that is not relived by Tylenol.

Excessive redness, swelling, bleeding, and/or scab formation.

Signs of infection: Whitish to yellowish film on treated area, with or without foul odor.

Excessive itching, especially when accompanied by sign of infection.

Temperature of 100.4F or above.

Day of procedure and post-op DAY 1

- 1) Follow wound care instructions; soak every 2-4 hours as directed.
- 2) Hand-washing is the most thing you can do to prevent infection. Wash your hands every time before you apply your soaks. Do not touch face with hands.
- 3) To reduce swelling and for pain relief, you may place ice packs on the treated area. You may also take Tylenol 50mg, two tablets, every 6 hours.
- 4) Keep your head elevated while resting, and for the first few nights. This helps reduce swelling and promote healing.
- 5) Remember to finish all of your oral medication as prescribed, antivirals, antibiotics, and anti-inflammatories.
- 6) No showers to face and neck for 36 hours.
- 7) Limit movement to face and neck. This facilitates healing.
- 8) Keep phone away from face, use speaker mode only.

Post-op Day 2,3, and 4

- 1) You may then shower and wash hair. You will also start to wash face gently (do not rub) AM & PM with a mild cleanser. Lather face gently and pat dry. Apply Aquaphor.
- 2) Continue soaks at least four times daily for 48 hours. You may soak if desired.
- 3) It is very important to keep face lubricated with Aquaphor.
- 4) Remember to wash hands before touching face.
- 5) Continue all oral medications as prescribed, antivirals, antibiotics and anti-inflammatories.
- 6) Keep phone away from face, use speaker mode.

Post-op Day 5,6,7,8 and 9

- 1) Continue was AM & PM.
- 2) PM: Apply calming cream followed by Aquaphor.
- 3) We will advise when to begin applying calming cream, moisturizer, sunscreen with makeup.
- 4) Continue all oral medications as prescribed, antivirals, antibiotics and anti-inflammatories.

Post of Day 10

Start TNS Essential Serum

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