

LASERBRASION AFTER-CARE INSTRUCTIONS

- Your skin will be sensitive and sting for approximately 48 hours. If given, you may apply topical lidocaine gel 2-3 times a day to help with the discomfort.
- Your skin will weep for 2-3 days. It is essential to blot your skin with a moist wash cloth every couple of hours so this "fluid" does not collect and occlude the skin. If needed you can dilute tap water with a vinegar (2 tablespoons of vinegar in one glass of water) to help facilitate this. It is imperative that you avoid rubbing or scrubbing your skin as it will traumatize and hurt it. Once the skin begins to dry gently apply a thin coating of the moisturizer given (Elta Lite) to the skin 3-4 times a day. Please do not exceed this amount.
- Once the skin is beginning to dry you can add a small amount of your moisturizer to gently cleanse your skin. Please do not rub rather blot the skin.
- You may also use Benadryl cream if you have intolerable itching or you may take Benadryl 25mg tablets as needed every 6 hours.
- .If laser resurfacing is performed around your mouth, you may use Vaseline ointment on the lips for the first 3-4 days and then switch to Carmex lip ointment until the dry, chapped lips are healed. Minimize talking and eat a soft diet or drink liquids for the first few days to help the dressing adhere.
- After the procedure, especially the first 24-48 hours, your face may feel puffy and tight. You may shower and shampoo your hair, allowing the water to hit your face and mask. This may be most noticeable around your eyes. You may use swiss eye masks if purchased or ice packs to help with the swelling for the first 48 hours.
- If laserabrasion was done around your mouth, you may have a soft diet, or drink nutritional beverages for the first few days after the procedure. You may have to use a straw or a "sippy" cup to take liquid by mouth. Keep the exposed areas – eyelids, earlobes, and lips moist with Vaseline.
- Most of the swelling will occur during the first 3 days after surgery. Keep your head (or the laserbraded area) elevated on two or more pillows for approximately 7-10 days. This will help to minimize the swelling. Most discomfort will be during the first 24-48 hours after your laserabrasion. The discomfort will be relieved by Tylenol or pain medications prescribed by Dr. Kenkel.
- You may be given Valtrex (anti-cold sore medications) to take as directed. You should not consume alcohol with this medication.
- Pain medication (Vicodin, Lortab, or Diluadid) will be given to control your pain. Take 1-2 tablets every 3-4 hours as needed for pain. Take this medication with food or milk to avoid having nausea and/or vomiting.
- When the moisturizer creams are discontinued at day 10-14 you will begin applying a skin bleaching agent (Hydroquinone). This product is used to keep the skin a uniform color and may be either in a cream or liquid solution. Begin applying the Hydroquinone twice a day to the entire area that was treated, being careful not to get it in your eyes. This product will be used for at least 2 months. If you develop a rash or have a problem with this product, stop using it and notify Dr. Kenkel. Please use a test area initially on the forehead area to see if your skin is sensitive to this cream.
- Your skin should be healed 7-10 days following the procedure. For the first 6-8 weeks following laserabrasion, your skin will be red and gradually diminish to a light pink color. During this time you may begin applying hypoallergenic cosmetics. You can apply a green cover-up makeup followed by a base makeup to camouflage the redness. Most patients can return to work or activities 7-10 days after the laserabrasion procedure without any difficulty.

- Your new skin will be extremely sensitive to sunlight. PROTECT YOUR FACE FROM DIRECT SUNLIGHT, as it will be even more susceptible to the sun's damaging rays. Wear wide-brimmed hats, sunglasses and sunscreens, SPF 30 as well as UVA and UVB skin cream. Sunscreen should be applied daily and frequently and your skin will remain sensitive for 3-6 months.
- DO NOT SMOKE FOR AT LEAST 4 WEEKS BEFORE AND 4 WEEKS AFTER YOUR SURGERY as it may slow healing and increase complications.
- If you have a history of cold sore/fever blister problems please notify Dr. Kenkel so he will increase your dose of Valtrex pre- and postoperatively.
- All medications should be taken as directed. If you experience nausea, vomiting, shortness of breath, diarrhea or a rash after taking your medications, please call Dr. Kenkel's office at (214) 645-2353.. Please feel free to call if you have any questions or concerns and we will be happy to help you.

LASER RESURFACING MEDICATIONS

You will receive prescriptions when you decide to have Laser Resurfacing. The medications and directions for use are listed below. Please feel free to call with any questions you may have. We realize there are several medications but compliance with the medications and post laser resurfacing instructions will optimize your results.

ONE DAY BEFORE YOUR TREATMENT:

- Valtrex (2) 500 mg tablets 2 times a day for 7 days beginning 2 days prior to surgery. The purpose of this medication is to decrease your risk of getting “shingles” or “herpes zoster” after your laser treatment. This complication is painful and causes the highest risk of scarring so VALTREX is MANDATORY.
- PLEASE NOTIFY DR. KENKEL OF ANY DRUG ALLERGY.

AFTER YOUR PROCEDURE:

- Resume taking Valtrex. Take this as directed above for 5-7 days after your laser treatment.
- Do not apply anything besides other than what was directed during the first 10 days after your laser treatment. We have patients who had tried other creams, gels, and solutions which resulted in prolonged redness, rash, or severe stinging and/or irritation.
- Please keep your follow up appointments with Dr. Kenkel. The skin is very sensitive and we want to ensure that you are healing correctly.

SEVEN TO TEN DAYS AFTER YOUR TREATMENT:

- At this time your skin should be healed. Your skin will be evaluated at this time and Dr. Kenkel will determine if you require any prescription creams to facilitate the healing process. If your skin is completely healed and does not require such treatment you may begin using an oil-free, hypoallergenic, non-comedogenic moisturizer. Remember to apply it frequently, as your skin will be very dry for several weeks.
- Dr. Kenkel will evaluate your result at 2-4 weeks after treatment and may prescribe Hydroquinone (a bleaching agent) or a steroid cream and a post laser cream depending on your skin type and reaction to the laser resurfacing.