

# **MINNEAPOLIS PLASTIC SURGERY, LTD.**

763-545-0443 (24 hours)

If answering service does not pick up call 952-653-0784. In an EMERGENCY call 911

## **AFTER SURGERY INSTRUCTIONS**

### **LASER RESURFACING**

1. Begin taking your Zovirax or Valtrex medication, as prescribed, 2 days prior to your surgery.
2. Please be sure to have Vaseline, Cetaphil soap, Q-tips and a soft cloth on hand prior to your surgery.
3. Apply warm or cool tap water moist compresses for 5 minutes to the treated areas prior to each facial washing to help loosen crusts or scabbing. You may increase this to 10 minutes to help remove dry crusts in the morning. **DO NOT** do this more frequently than with each face wash as it slows healing.
4. Gently wash area with warm water and Cetaphil soap to remove ointment and any crusting, 3 times per day for the first 3 days. You may use a soft cloth or Q-tips to wash area, but do not pick healing areas or rub vigorously. As the skin begins to heal, decrease washing to 2 times per day (days 4-6), and once daily (days 7-9). Then begin using moisturizer. **DO NOT WASH MORE FREQUENTLY!**
5. After each compress and wash, apply Vaseline to surgical area. Use Vaseline as often as needed.
6. Take your antibiotic (Keflex or Cipro) as prescribed until gone. (This will be prescribed prior to surgery). Continue the Zovirax or Valtrex after surgery until gone.
7. Call if you notice any greenish drainage while healing, or any increasing rash, blisters, or allergic symptoms as the skin heals. DO NOT pick or squeeze any pimples or milia.

### **GENERAL INFORMATION FOR LASER-TREATED AREAS**

1. **DO NOT** allow wounds to dry out or crust/scab over. Keep covered with Vaseline at all times.
2. **DO NOT** rub vigorously or pick healing areas. Do remove crusts gently after moistening.
3. **DO NOT** use ice packs instead of compressing, and compresses only with each face wash, not more.
4. **DO NOT** "let the air get to the wound." A clean, moist wound heals faster than a dry one.
5. **DO NOT** use cosmetics or topical medications until instructed.
6. **DO NOT** expose treated areas to the sun (or tan) for at least 12 weeks. After healing is complete, cosmetics can be used, and #30 SPF or higher Sunblock is recommended.
7. If scabbing or crusting develops, moisten them off gently or come to the office for help.
8. Elevate area above heart level day and night to reduce swelling: 3 weeks is best.
9. If skin is swollen or tight, drink through a straw.
10. If not allergic, use Benadryl (diphenhydramine) nonprescription antihistamine for itch.
11. Avoid strenuous exercise for 2 weeks to avoid skin irritation or damage.
12. Call you doctor for signs of infection: Increased pain, redness, swelling, purulent (pus) drainage, fever above 101°, or chills. Call if you develop a fever blister or cold sore.
13. Do not hesitate to call the doctor's office if you have any questions about your recovery.  
PHONE: 763-545-0443.

I acknowledge receipt of these after-surgery instructions.

\_\_\_\_\_ (signature)

\_\_\_\_\_ (date and time)