

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/ DERMABRASION/ CHEMICAL PEEL

- ❖ Apply a layer of Vaseline to all treated areas constantly. No other dressing is necessary. Ice may be helpful for the first day, but should not be applied directly to the skin. **DO NOT** allow crusting, scabbing, or skin to dry out.
- ❖ **DO NOT** “let the air get to the healing areas.” This is not necessary and causes more redness and slower healing.
- ❖ Vaseline does not cause postoperative pimples (milia); swelling and dryness do. Keep the skin moist with Vaseline at all times, even if your skin breaks out. **DO NOT** squeeze or pop pimples, come in to the office for care of these.
- ❖ Start very gentle washing of treated areas the day after your surgery (use Cetaphil soap). **DO NOT** attempt to remove all of the Vaseline when washing. You may shower the day after your peel. Wash or shower no more than 3 times per day at first (days 1-3), then no more than 2 times per day (days 4-6), then only once per day (days 7-9). Then begin moisturizer.
- ❖ **DO NOT** pick or scratch your face during the healing process. Let the gentle washings remove any peeling skin. Avoid clothing or hair rubbing or adhering to the treated skin.
- Signs of infection (virus or bacteria): increase in pain, redness, swelling, greenish discharge, or purulent (pus) drainage. Viral outbreak may look like tiny blisters. Call us!
- Stop using Vaseline after your face has completely healed (day 7-10); then begin moisturizer.
- You may start to wear cosmetics after your face has completely healed. This may take seven to ten days. Remove cosmetics gently—your skin has just healed!
- Swelling may be severe; however, this should last only 2-3 days. Sleeping with the head elevated above the heart level will help to decrease swelling.
- Skin redness may last several months. This can be covered with cosmetics. Redness is worse if the healing areas are allowed to dry out in days 1-10.
- Protect your skin from exposure with SPF 30 or greater sun block for a minimum of 12 weeks, or as long as your skin is pink. We would recommend your use of sun block at all times to help reduce your risk of developing wrinkles, dark spots, and skin cancer.
- Resume using the preparatory creams as your doctor specifies. Do not resume these on your own!
- 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)