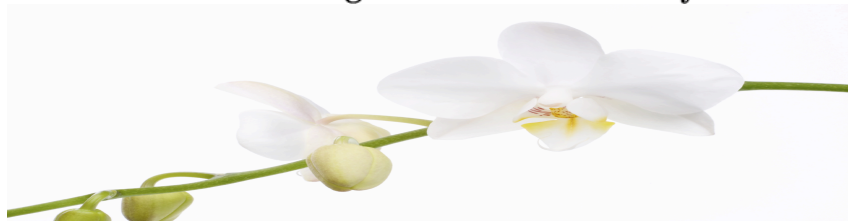


WESTCOUNTRY

PLASTIC SURGEONS
of Washington University



Patient Information for :

FRACTIONATED CO2 LASER RESURFACING

Emily Weinhaus, PA-C
Terence Myckatyn, MD
Marissa Tenenbaum, MD

OR DAY/TIME : _____ PLACE: _____ ARRIVAL TIME: _____

During office hours questions can be answered by our office staff at 314-996-8800.

Please note that you can also have your non-urgent questions answered by emailing our Physician's Assistant, Emily Weinhaus through our website:

1. Navigate to : www.westcountyplasticsurgeons.wustl.edu
2. Click the "Ask Emily" button near the top, to your right. Emily's page will appear.
3. Click the green "Ask Emily" button. Fill in the required information and ask your question and we will respond within 3 business days.

This form can also be downloaded from our home page. To do this:

1. Navigate to : www.westcountyplasticsurgeons.wustl.edu
2. Click the "Patient Forms" button along the bottom of the home page.
3. This form is found under "Preparation / Care Sheets"

BEFORE LASER RESURFACING

You should not have been treated with the drug Accutane (Isotretinoin) for at least 1 year prior to any laser treatment.

3 DAYS BEFORE:

- Stop the use of any Retin-A, tretinoin, Hydroquinone, lactic acid, glycolic acid or phytic acid products (ie. Obagi's Clear or Exfoderm products)
- If you develop a cold, facial sore, or any other illness prior to surgery, please notify us.

1 DAY BEFORE:

- All patients will be given a prescription for **Keflex** 500 mg twice a day starting the **day before** treatment and continuing **for 6 days after** the treatment to help prevent acne flare-ups. Please notify us if you have a known allergy to this medication.

1 HOUR BEFORE:

- Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes.
- Expect to arrive **an hour before your treatment** time so numbing cream can be applied to the area of treatment for comfort measures.

Be at our Office at: _____

- You and your provider will decide if any oral medication will be taken for comfort measures. ***Please note that if any of this type of medication is provided you will need to arrange for a ride home.***
- **Good nutrition can help optimize wound healing and speed your recovery from laser resurfacing.** To reduce the risk of problems, please be sure to consume a high protein diet and appropriately supplement any vitamin or dietary deficiencies that you may have.

AFTER LASER RESURFACING

AT ALL TIMES:

- Avoid picking, scratching and aggressive scrubbing of the exfoliating skin at all times – allow it to gently exfoliate with the washing process.
- Avoid the sun until the pink coloration has resolved. (It may take up to 3 months for the pink coloration to completely resolve).

2 - 4 HOURS AFTER:

- You may use Tylenol or Ibuprofen for pain.
- Apply Vaseline to the face multiple times a day to keep it glossy at all times.
- Apply cool compresses, and air as needed. Avoid applying ice to the area.

NIGHT AFTER:

- Sleeping with your head elevated on pillows the first few nights after treatment and avoiding excessive salt pre/post treatment can help minimize swelling.

1 DAY AFTER:

- Wash your face 3 to 4 times day with a gentle cleanser (ie. Obagi cleanser, Cetaphil or Cera-V).
- Pat your face dry and reapply Vaseline.
- You may shower today, but avoid hot water/steam on treated area.
- Avoid exercising for **1 week** following treatment ***or until the face is healed***.

2 DAYS AFTER:

- Wash your face 3 to 4 times a day and reapply the Vaseline as needed.
- If itching occurs you may apply hydrocortisone cream before applying the Vaseline or take Claritin during the day and/or Benadryl at night.

3 DAYS AFTER:

- Wash your face 3 to 4 times a day.
- You may start peeling (ie. Snake peel) today. Once peeling occurs you should start applying an occlusive moisturizer (ie. Cetaphil, Cera-V) over the peeled areas and continue to apply Vaseline on the areas that have not peeled.

4 DAYS AFTER:

- Apply Sun block (at least SPF 30) starting day 4 and continue to wear it at all times, all day. Sunscreen with titanium oxide, zinc oxide provides broader protection.

4 – 7 DAYS AFTER:

- Once your entire face has peeled, you can start a light exfoliation by rubbing gently with a wash cloth.
- Continue to transition from the Vaseline to an occlusive moisturizer on the areas that have peeled.
- Apply Sunscreen, at least SPF 30, (ie. Obagi Healthy Skin or Physcial Block over the moisturizer).
- You may apply Mineral makeup over the Sunscreen. If you need thicker coverage to help hide and reduce the redness, ***Jane Iredale*** and ***Lycogel MD Camouflage and Concealer*** have great cover-ups that can help protect the skin and speed up recovery after treatment. You can usually locate these items online.

7 + DAYS AFTER:

- You may begin exercising again
- For patients on the Obagi Skin Care line, you may restart part of your skincare regimen. You may start your Clear #3 today. If your skin is still too sensitive, stop using the product and try again in 2 to 3 days. Do not start using your Retin-A or Exfoderm yet

RETURNING TO WORK

1. Working from home : About 4 days.
2. Desk job : 6 to 10 days.

FOLLOW-UP

For most patients we will want you to return to our office so we can check on you at:

1. 4 – 7 days
2. 1 month
3. 3 months
4. 6 months

PRESCRIPTIONS

We will try to provide you with prescriptions for medicines prior to your laser resurfacing procedure. Usually this will include a pain medicine and an antibiotic.

EW:TM:MT/mb