



Kavali
Plastic Surgery

LASER RESURFACING POST OPERATIVE CARE

Congratulations! You have just undergone a delicate operation to resurface and treat the skin of your face. The following information is intended for your well-being and will assist you during your recovery period. Try to be patient, as the full result will not be apparent immediately.

Please keep in mind that you may not want to return to high visibility for approximately two weeks after your procedure.

FOLLOWING YOUR PROCEDURE:

A cool dressing with ointment will be applied to the treated area.

THE DAY AFTER YOUR PROCEDURE:

Beginning the night after your surgery, remove the ointment from your face using a sensitive skin cleanser (like Cetaphil or PhisoDerm). Use circular motions and remove the ointment with cotton gauze sponges. You'll need to wash your face at least twice a day with warm water and this gentle cleanser. You can also use vinegar soaks, if you prefer:

Use 2 tablespoons of white distilled vinegar in 2 cups of distilled water. Place the soft cotton gauzes in the solution. Wring out a little of the solution, but leave it mostly wet. Place gauzes over all lasered areas and let sit for about 5 minutes. Gently wipe the face, removing any of the oozing or crusting. There may be spot pinprick bleeding which is normal. Be very gentle while wiping, but wipe firmly enough to remove the crusting.

Apply a liberal amount of Aquaphor to all lasered areas after washing. Keep the lasered skin moist with ointment at all times until it has scabbed over (about 5 days).

Once the area scabs over (generally about 5 days), you can resume your skin care routine and makeup application. Do not yet resume any retin-A or hydroquinone products.

You will need to apply sunblock diligently. Use sunblock with an SPF of at least 15 or greater until all redness and bruising are gone.

Please take your pain medication as needed. You may use plain tylenol as your discomfort decreases. Please note however, that most, if not virtually all, pain medications contain tylenol. Thus, be mindful of the amount of tylenol you take. You may take plain tylenol, but not at the same time as your pain medication. **Read the enclosed medication instruction sheet for details about your medicines and how they should be taken.** Should you have any question regarding any of your medications or your pain medications in particular, please do not hesitate to speak with Dr. Kavali. Please do not take aspirin or aspirin-like medications for two weeks following laser treatment.

Your discomfort is expected to subside after the first 48 hours.

Don't forget, swelling is normally expected following the procedure. It does resolve.

Try to drink abundant amounts of fluids. Start with foods that are gentle on the stomach. Try soups, pastas, mild shakes, puddings, or yogurt. You may increase food consistency as tolerated. It is best to avoid hard or potentially abrasive foods that require extensive chewing. You may brush your teeth as usual.

Try to relax for the next several days. This will greatly assist in your recovery. Elevate your head on several pillows as well. Elevation will help to reduce swelling.

TEN DAYS TO SIX WEEKS AFTER YOUR PROCEDURE:

You may begin to apply make-up once the skin has healed and the crusting has all fallen off. This usually occurs at 5 to 10 days following the treatment. A good moisturizer must be used as the treated area will be dry and tight at first. Aquaphor ointment is generally effective as well.

In addition, you may experience itching of the lasered areas during this time period. This is not unusual and generally responds to topical benadryl. If this is not helpful, feel free to call the office.

Once the crusting has subsided, the treated area will be pink. This will gradually subside over the next weeks to months. A green-based makeup will help reduce the appearance of the pink color of the skin.

You must avoid any sun exposure for at least two weeks, even with sunscreen. The treated area will be very susceptible to sun exposure and damage can occur. After two weeks you may go out with a sun block of 30 spf or greater. In order to decrease the possibility of difficulties, sunscreen must be used daily for at least six months following your laser treatment. A wide brimmed hat offers protection as well.

You may resume using Retin-A approximately three weeks following your laser treatment.

Please report any increased pain, increased swelling or yellow pus to Dr. Kavali. Amber-colored oozing present during the first few days is not pus and is normal. Again, swelling of the face and eyelids is normal for several days following laser resurfacing of the face.

FOLLOW-UP:

You should already have your first postoperative appointment made for about one week after your surgery.

If you have any questions or concerns, please call the office at anytime, at 404-250-3333.