TOTONCHI
PLASTIC SURGERY

Care after CO2 or Erbium Laser

This page contains answers to frequently asked questions regarding your care after CO2 or Erbium laser treatment. This information sheet will help you to remember the instructions given to you after laser treatment.

Appearance:

- Your skin will have an appearance ranging from pink and shiny to red and swollen. You will have some crusty drainage and clear red to yellow weeping.
- In general your face may feel mildly painful, tight and dry, and sometimes itchy.
- In general, you should be able to wear hypoallergenic make-up 2-3 weeks after your procedure.

Activity/Bathing/Sleeping:

- You should “take it easy” for several days following the procedure and gradually increase your activity as you feel more comfortable.
- **Avoid bending, heavy lifting (over 10 lbs) and heavy exercise during this time and only gradually return to your normal routine.** You can resume all of your normal activities about one week to ten days after treatment.
- You generally should be able to drive about 5 days after the procedure if you feel up to it and are no longer taking narcotic pain medication.
- You should be able to return to your job as soon as you are comfortable. If your job does not require heavy activity, you should be able to go back in 1-2 weeks.
- You normally can bathe or shower 24 hours after your procedure. You may gently cleanse your face with a gentle soap and water and pad dry, applying the Aquaphor after each washing.
- To decrease swelling, sleep with your head slightly elevated with 2 pillows the evening of surgery and for 3-5 days post-procedure.

Face Skin Care:

- Cleanse face with cool tap water and gentle cleanser. Use gauze 4x4 to gently wipe away crusting and scabbing that develops. Do not scrub or abrade skin.
- After cleansing, liberally apply Aquaphor ointment to all areas **4-6 times for 14 days** and then change to your regular moisturizing cream 4-6 times a day for approximately 2 weeks.
- Do not allow your skin to become dry, moisturize frequently.
- **It is important to not have any sun exposure to treated area for 2 weeks post procedure**.
- After 5 days, use a sunscreen each morning with SPF of 50 or greater for at least 3 months to treated area. We suggest daily sunscreen as your normal skin care routine.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- Do not drink alcohol for a couple weeks after your surgery or while taking narcotic pain medicines
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

Medication:

- We will prescribe an antibiotic, nausea medication, and pain medication for you. Follow the directions on the bottles for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home.
- 3-5 days after surgery, most patients will find that Tylenol will take care of the discomfort.
- A stool softener (Colace) is recommended after surgery.
- Please let us know if you tend to develop cold sores. You may be given a prescription for Valtrex if you do tend to get cold sores. You will continue to take your Valacyclovir (Valtrex) for the next 7 days to minimize your risk of a cold sore arising after laser treatment.
- You may take an over the counter antihistamine for itching as needed.
- Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.

Post-Operative Appointments:

- You will normally be seen in the office within 2-5 days of your surgery.
- You will then be seen periodically to monitor healing. Additional appointments may be necessary.

Post-Operative Concerns: Urgent problems after CO2 or erbium surgery do not occur frequently. These are the complications that will require a change in your post-operative care:

- **Fluid filled blisters(vesicles)**, cold sores -if you suspect you are developing any blisters(vesicles), or cold sores, even though you are taking the Valacyclovir(Valtrex), contact the office, as this could impact your final result.
- **Infection** is rare with laser treatment. It is normal to have clear red or yellow drainage for 5 days. Signs of infection include:
    - Increased temperature, drainage (thick yellow drainage), pain and redness
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact my office.

ZO Skin Care Regimen after CO2 Laser:

- Post-op weeks 1-2:
    - Morning and night
        - Cleanser

We are always available if you have any questions, please call 440-461-7999.

        - Firming serum
        - Aquaphor
- Post op weeks 2-4:
    - Morning
        - Cleanser
        - Firming serum
        - Hydrating crème
        - SPF
    - Night
        - Cleanser
        - Firming serum
        - Hydrating crème
- Post op 1 month:
    - Morning
        - Cleanser
        - Exfoliate
        - Tone
        - Daily Power Defense
        - SPF
    - Night
        - Cleanser
        - Tone
        - Daily Power Defense
        - Firming Serum
        - Retinol

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