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### **CO2 Laser Resurfacing**

A skin rejuvenating procedure can be a rewarding experience. Dr.'s Pratt, Woodman, Ehret & Willcox have chosen SkinCeuticals Recovery Systems to help guide you through your healing process and provide you with products to help make your experience as soothing and comfortable as possible. With advice from your physician and skin care professional, we will minimize your recovery time and maximize the results.

Approximately 6 weeks before your procedure a skin care program will be chosen especially for you. This program will enhance your laser procedure and will help speed up the healing process.

The Recovery System will be sent home with you prior to the day of surgery with complete instructions on how to care for your skin, by your skin care professional

Please feel free to call us if you have any question (253) 627-2900.

## **SKIN REJUVENATION PROCEDURE CO2 LASER RESURFACING**

### **POST OPERATIVE INSTRUCTIONS**

- Return to the office in 1-3 days and at 7-10 days for follow up. Please make these appointments before the day of your procedure
- Please make arrangements to have a ride home following the procedure
- **DO NOT EXPOSE THE SKIN TO THE SUN OR HEAT FOR AT LEAST 3 MONTHS**
- Sunscreen with at least an SPF 20 must be worn EVERY DAY FOR ONE YEAR
- Medications: Your medications (i.e. antibiotics) should be started per your physician's orders

### **Postoperative Days 1-2**

Soak the treated area for 15 minutes, 4 times per day: using a solution of 1 tablespoon white vinegar in 1 cup of cool water on gauze. Any scabs present should be gently soaked off, if possible. **DO NOT PICK TO REMOVE DEAD SKIN OR SCABS.** After soaking, pat the skin dry with a towel and apply layer of Hydrabalm (this can be purchased in our spa). Apply the Hydrabalm every 2-3 hours. Re-apply the balm whenever the skin feels dry. **DO NOT LET YOUR SKIN DRY OUT.**

### **Postoperative Days 3-6**

- Cleanse twice a day with a Gentle Cleanser
- Apply Hydrabalm after cleansing
- NO SUN EXPOSURE
- NO PICKING OF SKIN OR SCABS

### **Postoperative Days 7-14**

- Continue to cleanse with Gentle Cleanser twice a day
- Moisturize with Advanced Moisture after cleansing
- Apply Recovery Physical Defense SPF 20 every day for one year
- On day 15 your normal skin care regime can resume after checking with your physician or skin care professional

## **POST LASER TIPS**

- On post op days 1-2 when soaking your skin, lie on a bed with our head on a pillow.
- Sleep on your back with your head elevated on a few pillows for the first few days, especially if your face is swollen; this will help to reduce the swelling.
- Drink from straws if the area around the mouth has been treated.
- Do not let the shower steam hit your face for the first week.
- Do not let the heat from your blow dryer hit your face for the first week or two.
- Do not have collagen injections, Botox, facial waxing, and electrolysis or use depilatories until you clear it with your physician.
- Do not pick or pull on any loose skin (This can cause hyperpigmentation and scarring).
- Absolutely do not go to a tanning booth for at least one year.
- Do not apply ice or ice water to your face: this can cause broken blood vessels.
- Do not put your face into a hot shower spray, use a Jacuzzi, steam room or sauna until cleared by your physician.
- No swimming for one to two weeks post operatively.
- No buff-puffs or other facial scrubs or exfoliation until cleared by your physician or skin care specialist.
- Your physician will instruct you when to resume using you pre-laser skin care regime. This can be as early as 15 days post op.

## **POSTOPERATIVE CARE EXPECTATIONS**

- 1) Moderate redness is expected for 7 days after the procedure and will fade gradually over a period of 3-6 months.
- 2) Expect a feeling of heat in the tissues that have been treated. This will last approximately 36 hours.
- 3) There will be oozing of clear liquid from the site, which may occur for 3-7 days. It may be profuse in the first 24 hours. Keeping a towel loosely around your neck may be helpful.
- 4) There will be mild or moderate swelling and this is normal. This may last 3-7 days, particularly around the eyes. If the swelling appears extreme, call your physician.
- 5) It may be difficult to brush your teeth. Using a Q tip may be helpful in this situation.

**FOR AN EMERGENCY:** Call the office immediately if you have any unexpected problems after your procedure at (253) 627-2900. If you call after hours or on the weekend, you will reach our answering service and they will be able to locate the physician.