



LASERBRASION/LASER RESURFACING
After Care Instructions

- After surgery, bacitracin ointment will be applied to the raw skin. This will need to be reapplied frequently. Expect the skin to ooze and bleed. It will be raw and uncomfortable. It must not be allowed to dry out.
- If laser resurfacing was performed around your mouth, you may use *Vaseline* ointment on the lips for the first 3-4 days and then switch to *Carmex* lip ointment until the dry, chapped lips are healed. Minimize talking and eat a soft diet or drink liquids for the first few days to help the dressing adhere.
- After the procedure, especially for the first 24-48 hours, your face may feel puffy and tight. You may shower and shampoo your hair, but try not to allow the water to hit your face. You may begin showering the day after your procedure. If you develop any yellow crusts around your eyes or lips, gently soak the area and remove the tissue with a very soft washcloth and reapply *Vaseline*.
- If laserabrasion was done around your mouth, you may have a soft diet or drink beverages for the first few days after the procedure. You may have to use a straw or a “sippy cup” to take liquids by mouth. Keep the exposed areas- earlobes and lips- covered with *Vaseline*.
- After surgery, elevate your head and shoulders on 2 or more pillows. This will help to reduce swelling. Most of the swelling will be within the first 3 days.
- If you have discomfort, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking the pain and/or anxiety medication.
- You will be given a prescription for *Valtrex* (anti-viral medication to prevent cold sores) and possibly steroids to take as directed. You should not consume alcohol with either of these medications. *Valtrex* is MANDATORY for all laser patients.
- Heavy moisturizers will be used 2-3 times daily to keep the delicate new skin moist once directed by Dr. Sorokin. You will use this product for 3 days, and then a lighter post-peel cream will be used twice a day for 10 days. During this time you may also apply a mild hypoallergenic moisturizer 3-4 times a day as you skin may be dry and flaky. (*Neutrogena* products are tolerated well.) You may also use *Benedryl* cream if you have severe itching or you may take *Benedryl* tablets every six hours as needed, however the pills may make you drowsy.

- When the moisturizer creams are discontinued at day 10-14 you will begin applying a skin bleaching agent (*Hydroquinone*). This product is used to keep the skin a uniform color and may be in either a liquid or cream form. Start applying the *Hydroquinone* twice a day to the entire area that was treated, being careful not to get it into your eyes. This product needs to be used for at least 2 months. If you develop a rash or have a problem with this product, stop using it and notify Dr. Sorokin. Please test a small area on your forehead to see if your skin is sensitive to his product.
- Your skin should be healed 7-10 days after the procedure. For the first 6-8 weeks following laserabrasion, your skin will be red and gradually fade to a light pink color. During this time you may begin applying hypoallergenic cosmetics. You can apply a green cover-up make-up followed by a base makeup to camouflage redness. Most patients return to work or activities 10-14 days after the procedure without any difficulty.
- Your skin will be fresher and smoother at this time. It is also more susceptible to the sun's damaging rays and very prone to sunburn. Please apply sun block SPF 15 with both UVA and UVB protection every morning and then as needed throughout the day, even on cloudy days. This must be done for 6 months AT LEAST. Dr. Sorokin recommends that you keep using sunscreen every day for a year.
- Direct sunlight should be avoided for at least 12 months. Wear wide-brimmed hats and sunglasses as well as sunscreen.
- **Do not smoke** for at least 4 weeks before and 4 weeks after your surgery as it may slow healing and increase complications.
- You may resume using *Retin-A* in 6 weeks.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact your Dr. Sorokin. If you develop a fever (oral temperature greater than 101 degrees), redness, or increased pain contact Dr. Sorokin. If you are having pain which is NOT relieved by the pain medication call Dr Sorokin at 856-797-0202.