

THE GEORGIA CENTER
FACIAL PLASTIC SURGERY & LASER AESTHETICS
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ACHIH H. CHEN, MD, FAACS, FACS

During Office Hours:
Monday through Friday 9AM-5PM
706.210.2625

After Office Hours:
Dr. Chen's cell phone
706.267-5542

PATIENT CARE SHEET FOR LASER SKIN RESURFACING

The following is a guide for care during laser resurfacing, and is to be followed unless changed by Dr. Chen. As all patients have different skin types and coloration, the type of medication used before and after the surgery will vary slightly. If there is any confusion as to what to do, please do not hesitate to contact the office for instructions, as sometimes the inadvertent placement of material on the face can delay the healing process, and prolong the period of redness that all patients experience.

Supplies: Vaseline
Cotton tip applicators (Q-tips)
Cetaphil face wash

Medications: Antiviral Medications: If prescribed Valtrex 500mg, begin taking twice a day on the day before the procedure, and continue to take until all are gone. If prescribed Acyclovir 400mg, begin taking three times a day before the procedure, and continue until gone. This will help prevent any herpetic outbreaks during the healing phase.

Antibiotic Medications: Begin taking the Antibiotic on the day of surgery, and follow the directions on the prescription. Take medication until it is all gone.

Pain Medication: Take the prescription given to you as directed. If the medication is making you nauseated or you feel it is too strong, you can switch over to Tylenol. Avoid Aspirin for the first 2 weeks after surgery.

Pre-treatment Medication : If you have been placed on Retin A or Glycolic acid prior to the procedure do not apply after surgery for at least one month or as directed by Dr. Chen. Patients placed on bleaching agents (Hydroquinone) will usually be directed to restart approximately 2-3 weeks after the procedure. Please ask for Dr. Chen's recommendation prior to restarting any of these medications.

PATIENT CARE SHEET FOR LASER SKIN RESURFACING

Continued

AFTER THE PROCEDURE:

1. Skin Care: The skin that has been lasered is thin and needs to be treated delicately. You may wash, bathe, or shower normally and gently massage the areas treated. You may use the mild soap, but be careful to avoid scrubbing the treated area so as not to rub off the new skin that is forming.
2. Gently rinse your face with cool tap water three to four times a day, and pat dry with a clean towel. Try and prevent crusting and scabbing from forming by washing frequently, but do not scrub or forcefully remove scabs that form as this may increase your chance of scar formation.
3. Replace the Vaseline as often as necessary to keep the face moist, or at least four times a day.
4. Do not apply any other medications, makeup, creams, moisturizers or any other product to your skin without first asking the doctor.
5. Keep your head elevated 30 degrees for the first weeks while you are sleeping or resting at home.
6. In terms of physical activity, no swimming or strenuous activities for one week. After the first week, you can begin slowly, but heavy perspiring should be avoided for another week. Do not use a sauna for at least two weeks.
7. Do not apply any makeup until Dr. Chen has specifically given you permission.
8. The facial skin needs to be protected from sun exposure for at least six months after the procedure. Dark tanning or burning should be avoided, as sun exposure can cause increased redness and excessive pigmentation. When going outside apply SPF 25 sunblock under any makeup to prevent further skin damage.
9. Apply a washcloth that has been soaked in ice water as much as possible for the first 48 hours.

PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE IMMEDIATELY

1. Any rash or reaction to oral or topical medication.
2. Temperature above 100 degrees orally.
3. Sudden swelling, skin eruptions, or discoloration.
4. Any sign of a blister or cold sores.
5. Persistent nausea or vomiting.