



**DR LLOYD VAN WYCK MD, FRCSC**  
COSMETIC PLASTIC SURGEON

## **POST-OPERATIVE INSTRUCTIONS**

### **CO2 LASER RESURFACING**

#### General:

The response to laser treatments vary. The healing process is affected by several factors. Swelling and discomfort are usually minimal except for treatment around the eyelids. The treated area appears raw and may ooze clear or yellow fluid for the first several days. The skin feels tight and may be itchy. The treated area appears pink for a few months.

#### Protocol at home:

Take your medications as prescribed. However, do not drive a vehicle or drink alcohol while taking your pain medications.

Cleanse the treated area gently with cool tap water the day following CO2 Laser Resurfacing for approximately five minutes per side every 2 to 3 hours for the first 4-5 days. By day 4 to 10, you can decrease the cleansing frequency to 3 to 4 times per day. Always pat dry, DO NOT RUB. Apply a fresh supply of Vaseline/Polysporin/Bactroban ointment with a Q-tip. Protect your skin against direct exposure to the sun or cold.

If a local burning sensation develops, discontinue the use of Polysporin but continue with your oral antibiotics.

If you have a history of herpes simplex (cold sores), you will be given an Acyclovir prescription. This medication may be started on the day of Laser Resurfacing. If symptoms of herpes occur following treatment, please contact Dr. Van Wyck's office.

For discomfort, take Tylenol with or without codeine, as prescribed. If itching is prominent, Benadryl or other antihistamine may be taken at bedtime. Avoid alcohol, Aspirin and refrain from smoking for 7 days after treatment. A steroid cream may be recommended if burning and discomfort persists.

#### Precautions:

Avoid rubbing, scratching and do not pick or remove scabs or crusted areas. Avoid make-up and any cosmetic on the treated area for at least 10 days.

After 10 days, a complete sunblock may be applied for UV protection until the skin returns to its normal color. Such products are available in Dr. Van Wyck's office and the medical esthetician will consult you as to the best suited product for you. Dr. Van Wyck will determine when the application of UV protection is safe to begin.

The skin care program of retinoic acid and/or glycolic acid can be resumed once the new surface has blended in and appears normal (6 to 8 weeks).

#### Reminders:

Superficial wrinkles or scars may require only one treatment. A second or third treatment is sometimes necessary for deeper defects. The treated area may be pink or red in color for 6 to 8 weeks. Up to 80% of patients may benefit from a minor touch-up, particularly for deep perioral wrinkles.

Follow-up visits are required within a few days following your initial procedure. UV protective sunglasses prevent you from squinting. This allows your facial muscles and skin to remain relaxed which contributes to the healing process. Ingest 6 to 8 glasses of water daily and eat a healthy balanced diet. Eliminate nicotine, caffeine and obtain adequate sleep in a position which avoids placing pressure on your face.

If you experience excessive pain or have concerns, please contact Dr. Van Wyck at the office 613.722.7912, or after hours, 613.862.8686.