



## CO2 Laser Resurfacing Post-Op Instructions

### Immediately After Treatment

- The area treated will feel “hot” after the procedure (24-48 hours). Cold compresses can be applied to reduce this type of discomfort. This sensation is expected to be the worst during the first hour following treatment. Keeping Aquaphor on the skin will help soothe and is very important!

### Day 0 – Day of Treatment

- Continue the oral antiviral medication (Valtrex) for one full week after treatment
- Begin taking the antibiotic (Keflex or clindamycin) with food, take entire course until finished
- Take the first day’s dose of the Medrol Dose Pack (prednisone) to help reduce inflammation
  - This is a tapering prescription... follow the package instructions and take less each day
- Apply cold compresses (cold gauze pads, gel packs, insulated frozen peas/lima beans) as needed
- Keep the treated area liberally covered with Aquaphor
- DO NOT cleanse the treated area for the first 24 hours!

### Day 1 – 1<sup>st</sup> day after treatment

- Continue the oral antiviral medication (Valtrex) for one full week after treatment
- Continue the oral antibiotic (Keflex or clindamycin) with food, take entire course until finished
- Take the second day’s dose of the Medrol Dose Pack (prednisone) to help reduce inflammation
  - This is a tapering prescription... follow the package instructions and take less each day
- Apply cold compresses (frozen peas/lima beans) as needed
- **Perform the following regimen 3-5 times a day (Avoid picking & excessive scrubbing!)**
  - Gently **wash** with Cetaphil Antibacterial soap and lightly pat skin dry
  - Following washing, you may use a vinegar solution to ease discomfort and itching... this seems to especially help “front” surfaces such as the neck and cheek, which tend to itch more
  - **Soaks** with vinegar or baking soda help with itching, discomfort, and exfoliation
    - Vinegar soak: 1 teaspoon white vinegar in 1 cup of cold water
    - Baking Soda soak: 1 teaspoon baking soda in 1 cup water



- soak a gauze or piece of paper towel or a wash cloth and gently dab solution on skin
- you may also spray solution onto skin with a spray bottle
- rinse the area with water following soak treatment
- you may use either or both of these options for approximately 10 minutes each
- STOP these soaks once peeling begins
- Triamcinolone Cream 0.1% (TAC) reduces itching and redness
  - Following the soaks, gently *pat* onto treated areas, avoid excessive rubbing or abrading
- Following TAC, apply Aquaphor (on top of TAC)
- Expect skin to be flaky, dry, brown

### **Day 2 – 2<sup>nd</sup> day after treatment**

- Continue the oral antiviral medication (Valtrex) for one full week after treatment
- Continue the oral antibiotic (Keflex or clindamycin) with food, take entire course until finished
- Take the third day's dose of the Medrol Dose Pack (prednisone) to help reduce inflammation
  - This is a tapering prescription... follow the package instructions and take less each day
- Apply cold compresses (frozen peas/lima beans) as needed
- Expect skin to be flaky, dry and brown.
- Continue to wash, soak, and apply TAC and Aquaphor

### **Day 3 – 3<sup>rd</sup> day after treatment**

- Continue the oral antiviral medication (Valtrex) for one full week after treatment
- Continue the oral antibiotic (Keflex or clindamycin) with food, take entire course until finished
- Take the fourth day's dose of the Medrol Dose Pack (prednisone) to help reduce inflammation
  - This is a tapering prescription... follow the package instructions and take less each day
  - Complete the full course of the steroids if possible
- Apply cold compresses (frozen peas/lima beans) as needed
- Continue to wash, soak, and apply TAC and Aquaphor



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**The first post-operative appointment will typically be around day 5**

- Follow any additional instructions given at post-op appointments

**General Notes:**

- Avoid direct sun exposure for 3 months & always wear a total SPF sunblock of at least 30 once the new skin has come in.
- Avoid topical exfoliation (Retin-A, Peels, etc.) for at least 4 weeks.
- To remove Aquaphor from hair wash area with dish soap (Dawn).
- Do not use TriLuma cream until at least 3 weeks following the procedure. This cream is intended to help with hyperpigmentation that may develop.
- DO NOT use ANY anti-aging or exfoliating medications or scrubs during the entire healing process until told it is ok to do so by your physician!
- Drying of the skin and sun exposure can increase the risk of post-inflammatory hyperpigmentation (PIH)... so they must be avoided! Therefore, reapply the Aquaphor or Vaseline every 2 hours for the first 48 hours to maintain as much hydration as possible.
  - You also want to maintain this treatment to any areas that remain red longer... this is common around the temples and jaw line.
- Sleeping
  - You may want to get a new pillowcase and avoid using fabric softeners as they may irritate the skin.
  - Sleeping on 2-3 pillows to elevate your head is recommended to reduce the swelling. Apply extra Aquaphor or Vaseline prior to bed.
- Keep a thick layer of the Aquaphor or Vaseline on the treated area to help your skin heal at least until it peels.
  - This will also remind you not to touch your skin. Remember, NO picking or scratching during the healing phase!! If you pick, you may induce scarring. This is especially important at the edges of the treated areas, where some patches of darker treated skin may remain longer.
- Any areas that peel prematurely may need to be treated as an open wound including antibiotics... call our office immediately if you feel this may be happening.
- You must commit to staying out of the sun following your treatment. This is most important until you finish peeling. However, even after peeling you should use a sun block such as zinc oxide with SPF at least 30 daily to protect your new skin!
- Once the peeling is over, mineral make-up may usually be applied without difficulty. However, do NOT rub, scratch or apply pressure to the new skin.
- After at least 48 hours or once the peeling is mostly done, you may use a daily moisturizer, but it must have an SPF of at least 30.
  - Beware that oily or occlusive moisturizers may cause acne on the new skin!



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- For this reason, it is important to discontinue the Aquaphor as soon as most of the new skin is in, or at least minimize its use on the new skin, as the smaller pores will clog more easily
- You may NOT use ANY exfoliating or scrubbing products or any glycolic products until told it is safe to do so, at which time the appropriate products will be recommended by our physicians or staff.
- You should call the office immediately with any questions or concerns.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Witness Signature \_\_\_\_\_ Date \_\_\_\_\_

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