

MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443

After hours: If answering service does not pick up call 763-520-4404

AFTER SURGERY INSTRUCTIONS **POST-OPERATIVE INSTRUCTIONS for LASER RESURFACING**

1. Please be sure to have Vaseline, Cetaphil soap, Q-tips and a soft cloth on hand prior to your surgery.
2. Begin taking your Zovirax or Valtrex medication, as prescribed, 2 days prior to your surgery.
3. Apply warm or cool tap water moist compresses for 5 minutes to the treated areas no more than 3-4 times per day to avoid crust or scab formation. You may increase this to 10 minutes to help remove crusts in the morning.
4. Gently wash area with warm water and Cetaphil soap to remove ointment and any crusting, 2-3 times per day. You may use a soft cloth or Q-tips to wash area, but do not pick healing areas or rub vigorously. As the skin begins to heal, decrease washing to 1-2 times per day and begin using moisturizer. **DO NOT WASH MORE FREQUENTLY!**
5. After each compress and wash, apply Vaseline to surgical area. Use Vaseline as often as needed.
6. Take the Keflex (cefalexin) as prescribed until gone. (This will be given to you on day of surgery). Continue the Zovirax or Valtrex after surgery until gone.

GENERAL INFORMATION FOR LASER-TREATED AREAS

1. Do not allow wounds to dry out or crust/scab over. Keep moist with Vaseline at all times.
2. Do not rub vigorously or pick healing areas. Do remove crusts gently.
3. Do not use ice packs instead of compressing—moisture is necessary for healing.
4. Do not “let the air get to wound.” A clean, moist wound heals faster than a dry one.
5. If scabbing or crusting develops, soak them off gently or come to the office for help.
6. Elevate area above heart level day and night to reduce swelling: 5-7 days is best.
7. If skin is swollen or tight, drink through a straw.
8. If not allergic, use Benadryl (diphenhydramine) nonprescription antihistamine for itch.
9. Avoid strenuous exercise for 2 weeks to avoid skin irritation or damage.
10. Do not use cosmetics or topical medications until instructed.
11. Call you doctor for signs of infection: Increased pain, redness, swelling, purulent (pus) drainage, fever above 101°, or chills. Call if you develop a fever blister or cold sore.
12. Do not expose treated areas to the sun (or tan) for at least 12 weeks. After healing is complete, cosmetics can be used, and #30 SPF or higher Sunblock is recommended.
13. Do not hesitate to call the doctor’s office if you have any questions about your recovery.
PHONE: 763-545-0443.