

MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443

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

AFTER SURGERY INSTRUCTIONS

LASER RESURFACING/ DERMABRASION/CHEMICAL PEEL

- Apply a thin layer of Vaseline to all treated areas constantly. No other dressing is necessary. Ice may be helpful for the first day, but should not be applied directly to the skin. Do not allow drying, crusting or scabbing.
- Do not “let the air get to the healing areas.” This is not necessary and causes more redness and slower healing.
- Vaseline does not cause postoperative pimples (milia), swelling and dryness does. Keep the skin moist with Vaseline at all times, even if your skin breaks out. Do not squeeze or pop pimples, call your doctor or come in for recheck.
- Very gently wash the treated areas the day after your surgery (use Cetaphil soap). Do not attempt to remove all of the ointment/lubricant with washing. You may shower the day after your peel. Wash no more than 2-3 times per day at first (days 1-3), then no more than 2 times per day (days 4-5), then only once per day (days 6-10).
- Do not pick or scratch your face during the healing process. Let the gentle washings remove any peeling skin. Avoid clothing or hair rubbing or adhering to the treated skin.
- Signs of infection (virus or bacteria): increase in pain, redness, swelling, or purulent (pus) drainage. Viral outbreak may look like tiny blisters. Call us!
- Stop using the ointment/lubricant after your face has completely healed (day 7-10).
- You may start to wear cosmetics after your face has completely healed. This may take seven to ten days.
- Swelling may be severe; however, this should last only 2-3 days. Sleeping with the head elevated above the heart level will help to decrease swelling more rapidly.
- Skin redness may last several months. This can be covered with cosmetics. Redness is worse if the healing areas are allowed to dry out in days 1-10.
- Protect your skin from exposure with SPF 15 or greater sun block for a minimum of 6 months. We would recommend your use of sun block at all times to help reduce your risk of developing skin cancer.
- Resume using the preparatory creams as your doctor specifies. Do not resume these on your own!
- Do not hesitate to call the doctor’s office if you have any questions about your recovery.
PHONE: 763-545-0443