

Post Operative Instructions Laser Skin Resurfacing and Chemical Peels

Pre-Surgical Instructions

- Begin taking all your antibiotics and antiviral medications prior to surgery as prescribed.
- Wash your hair with the provided shampoo (if provided) the night before and the morning of surgery.
- Do not wear make-up, creams, perfumes, moisturizers, or skin products the morning of the surgery.
- Discontinue ALL non-prescription, over the counter supplements. This includes all non-prescription herbal or homeopathic supplements.
- Discontinue medications such as aspirin and Non-steroidal anti-inflammatory medications such as Motrin, ibuprofen, naproxen, Bayer, etc. Please discuss with Dr. Diepenbrock if any of these medications have been prescribed by your physician.
- Have someone drive you home after surgery and help you at home for 1-2 days.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Back to work or school in 7-10 days.
- Full social activities can usually be resumed in 2 weeks

Home care

- Laser skin resurfacing and chemical peels can result in significant cosmetic facial rejuvenation, but significant swelling can occur and is expected. It is possible that your eyes may swell shut overnight and this is not a concern and will resolve quickly. Any severe eye pain or inability to see light or count fingers should be reported to Dr. Diepenbrock immediately.
- You just made a significant investment in your appearance via money, time, and recovery. Over the first few days after surgery, you will be red, swollen, in pain, and smothered in ointment and questioning why you went through this. Hang in there. You will begin to see the benefits around 5-7 days.
- The goal of your recovery is to keep your head propped up and take it easy! Lifting, bending, or activity that elevates your blood pressure need to be avoided until cleared by Dr. Diepenbrock. You don't do this every week, so take care of yourself and follow instructions!
- The first step in your recovery is to manage the discomfort that will begin late during the procedure day and continue over the next few days. Apply cold compresses to your face to help with the pain and burning. This can be done as much as you need. If a dressing of PRP was placed, you may begin washing your face 4 hours after the procedure.
- Apply a liberal amount of ointment (Vaseline or Aquaphor) to your face when not applying cold compresses. Your face must be coated at all times to aid in healing. If a dressing of PRP was placed, you may begin washing your face 4 hours after the procedure.
- Stay on top of the pain. Take the prescribed medications as directed.
- Beginning the day after the procedure, take a warm shower twice per day. Use the Cetaphil cleanser (or other hypoallergenic cleanser) to wash your face. DO NOT SCRUB YOUR FACE. Simply lather the cleanser in your hands and dab on your face. You need to keep the area from crusting and scabbing. Wash your hair with a gentle shampoo such as baby shampoo.
- Begin retaking your antibiotics and antivirals after you return home on the day of the procedure and continue until all taken. This step is very important to avoid infections and viral outbreaks.

- Your skin will begin to peel around day 4. **DO NOT PICK THE EXFOLIATING SKIN!** Your skin will be very red and irritated at this point. It will gradually turn to pink and return to normal over the next few weeks.
- When your skin is no longer peeling and oozing, you will stop applying Aquaphor or Vaseline. This will generally be around 5-7 days. At this point, after your one-week follow-up with Dr. D, begin using Cetaphil Moisturizer (or other hypoallergenic cream). Apply liberally and frequently. Your skin needs to be kept moist throughout the healing phase.
- You may begin applying makeup when the skin is smooth and pink without crusting and exfoliating. Begin applying sunscreen at 2 weeks or sooner if you plan on being exposed to the sun.
- Protecting your skin from the elements, especially ultraviolet radiation from the sun, is imperative for success. You need to avoid sun exposure as much as possible until the skin returns to your normal pigmentation. Even after this occurs, protection with sunscreen with an SPF rating of at least 35, should be part of your daily routine. Remember water and snow are highly reflective and will increase the amount of solar radiation your skin is exposed to. Wear a hat and sunglasses whenever you go outside for at least the first 4-6 weeks. Ideally, direct sunlight should be avoided for three months. Take precautions to optimize results.
- There are limitations to skin resurfacing. There is always a chance that retreatment may be necessary to optimize your results. We will wait at least 3-6 months before retreatment.
- Your skin will be very sensitive over the next 6 weeks. Do not begin Retin-A or hydroquinone without first consulting Dr. Diepenbrock. You most likely will begin applying your prescription skin care a two to three weeks after the procedure.
- Take all medications as directed. If you have any questions, please contact the office.
- You may drive a car when you can comfortably move your head, have no blurring of vision, and are not taking pain medication. No bending over, heavy lifting or strenuous exercise should be done for the first two weeks. You may walk to keep in shape, as this will not compromise your healing or final result. Dr. Diepenbrock will advise you on increasing your activity at your office visits.
- Get plenty of rest! Plan on taking it easy for at least the first week. You have both time and money invested into this procedure and there is no reason to compromise the final results by being too active.
- Follow balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Avoid foods that contain salt; particularly canned foods such as soup, as this can aggravate swelling.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your surgeon.
- Do not drink alcohol when taking pain medications. Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention. Do not smoke, as smoking delays healing and increases the risk of complications.
- Please schedule a follow-up appointment six or seven days after the procedure unless directed otherwise.
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REPORT ANY OF THE FOLLOWING BY CALLING 260-436-6898(NUYU)

- Excessive bleeding.
- Itching, redness, or rash around the eyelids.
- Temperature above 100.5 degrees orally.
- Excessive sudden swelling or discoloration.
- Redness, acne like outbreaks, cold sores, pustules, or significant discoloration
- Excessive fatigue or depression
- Persistent pain.