



Beaches Facial Plastic & Nasal Surgery Center

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Laser Post-Op Instructions

Surgery Morning

1. Nothing to eat or drink after midnight-may brush teeth.
2. Take a shower and wash hair and face in the morning.
3. Do not wear any make-up (includes mascara and eyeliner). **Wash face with baby shampoo when arrive at surgery center to remove any residual eye make-up.**
4. Leave all jewelry at home. Cannot have any metal on your body, so please remove any body piercing.
5. **DO NOT WEAR CONTACTS.**
6. Clothing: Button-up shirt, sweat pants, socks, shoes (comfortable and easy to walk in).
7. Bring pain medication with you. You will be numb after surgery and may not feel anything. However, the nurses will give you a pain pill prior to discharge to help keep pain level at a minimum.
8. Start **Valtrex** the day before and may take the morning of surgery.

Surgery Night

1. Soft Bland Diet: **DO NOT EAT SPICY FOODS**, drink plenty of fluids
2. Start your antibiotics and resume Valtrex at suppertime; **IF NAUSEATED** may start medications the next day.
3. Sleep with head elevated using a recliner or at least 3-4 pillows for a week.
4. Apply ice compresses to laser treated areas every hour for at least 15 minutes for a couple of days. Frequent application of ice compresses decreases swelling and bruising.
5. Only a thick re-application of balm is needed the night of surgery. Facial care is started the morning after.
6. Take pain medication, as you need it, do not try to brave the pain. You will be more comfortable if you keep your pain at a minimum. May take pain medication when due 30 minutes to 1 hour prior to facial care.

First 2 weeks:

1. Facial Care-Keep Skin Moisturized
Every 2 hours: Wash with gentle cleanser (Removing all of Balm)
Wet gauze and gently scrub any yellow/white skin crusting
Pat Dry
Apply Balm (may re-apply if melts/dries off)
Use tongue blades to take out Balm from tub, fingers can introduce bacteria
2. Some areas may bleed (just apply slight pressure) scrub around it and prevent scabbing by keeping moist with Balm.
3. Be extra cautious to prevent Balm from dripping into your eye.
4. Expect to be **RED, BURNING, SWOLLEN, ITCHY, GREASY, IRRITABLE, TIRED, AGGRAVATED, and GROGGY.**
5. **DO NOT WEAR CONTACTS.**
6. **DO NOT SCRATCH LASERED AREAS**-may wear gloves at night.
7. No exercise or heavy lifting.

8. Do not apply make-up, moisturizers, or other skin care products.
9. Avoid any sun exposure: wear hat/sunglasses/sunscreen when necessary.

Next 6 Months:

1. Skin will be a **bright pink** and progressively **lighten over time** to become your **natural undamaged skin color.**
2. Continue Facial Care: (Start when skin is pink and no residual skin crusting)
Wash with gentle cleanser morning and night
Pat Dry
Apply moisturizer (Cetaphil or Alastin Restorative Skin Complex) frequently throughout the day to keep skin moist
Apply SPF 30 sunscreen frequently throughout the day
3. May apply make-up and wear contacts.
4. NO SMOKING for at least 30 days (interferes with and prolongs healing).
5. May resume your regular skin care system when permitted by Dr. Trimas.
6. No facial waxing for at least 30 days
7. Protect your new skin from sun exposure by wearing a hat, sunglasses, and sunscreen (at least SPF30) when outdoors.

****Post Laser may be very frustrating, just be patient. The end results greatly outweigh the frustration. Expect a new you, new skin, and a new attitude.***

*Please note: You **MUST** wash your face as directed to avoid the risk of skin infection.