

Dana M. Coberly, M.D.
LASERBRASION/LASER RESURFACING
After Care Instructions



- You will have an occlusive, wet, “mask dressing” on your face. This mask will be removed and reapplied 1-2 times during the first 3-5 days after the procedure.
- The mask will remain on for 2-3 days, depending on how the skin is healing. Any exposed treatment areas, such as around the eyes, should be covered with an ophthalmic antibiotic ointment 3-4 times a day. If laser resurfacing was performed around your mouth, you may use *Vaseline* ointment on the lips for the first 3-4 days and then switch to *Carmex* lip ointment until the dry, chapped lips are healed. Minimize talking and eat a soft diet or drink liquids for the first few days to help the dressing adhere.
- After the procedure, especially for the first 24-48 hours, your face may feel puffy and tight. The *Flexzan* occlusive mask will need to be changed every 2-4 days to allow for maximal healing. One hour prior to your dressing change appointment, you may remove the gauze wrap or “fishnet” dressing holding the mask in place. **DO NOT REMOVE THE MASK.** You may shower and shampoo your hair, but try not to allow the water to hit your face and mask. Please attempt to keep the mask on your face, even if the mask becomes loose. This helps to minimize discomfort while the nurse removes the mask and replaces it. You may begin showering the day after your procedure. If you develop any yellow crusts around your eyes or lips, gently soak the area and remove the tissue with a very soft washcloth and reapply *Vaseline*.
- If laserabrasion was done around your mouth, you may have a soft diet or drink nutritional beverages for the first few days after the procedure. You may have to use a straw or a “sippy cup” to take liquids by mouth. Keep the exposed areas- earlobes and lips- covered with *Vaseline*.
- After surgery, elevate your head and shoulders on 2 or more pillows. This will help to reduce swelling. Most of the swelling will be within the first 3 days.
- If you have discomfort, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking the pain and/or anxiety medication.
- You will be given a prescription for *Valtrex* (anti-viral medication to prevent cold sores) and possibly steroids to take as directed. You should not consume alcohol with either of these medications. Please notify Dr. Coberly if you have a history of cold sores or fever blisters so that your dose of *Valtrex* can be adjusted. *Valtrex* is MANDATORY for all patients.

- After the mask is removed, heavy moisturizers will be used 2-3 times daily to keep the delicate new skin moist. You will use this product for 3 days, and then a lighter post-peel cream will be used twice a day for 10 days. During this time you may also apply a mild hypoallergenic moisturizer 3-4 times a day, as your skin may be dry and flaky. (*Neutrogena* products are tolerated well.) You may also use *Benedryl* cream if you have severe itching or you may take *Benedryl* tablets every six hours as needed, however the pills may make you drowsy.
- When the moisturizer creams are discontinued at day 10-14 you will begin applying a skin-bleaching agent (*Hydroquinone*). This product is used to keep the skin a uniform color and may be in either a liquid or cream form. Start applying the *Hydroquinone* twice a day to the entire area that was treated, being careful not to get it into your eyes. This product needs to be used for at least 2 months. If you develop a rash or have a problem with this product, stop using it and notify Dr. Coberly. Please test a small area on your forehead to see if your skin is sensitive to his product.
- Your skin should be healed 7-10 days after the procedure. For the first 6-8 weeks following laserabrasion, your skin will be red and gradually fade to a light pink color. During this time you may begin applying hypoallergenic cosmetics. You can apply a green cover-up make-up followed by a base makeup to camouflage redness. Most patients return to work or activities 10-14 days after the procedure without any difficulty.
- Your skin will be fresher and smoother at this time. It is also more susceptible to the sun's damaging rays and very prone to sunburn. Please apply sun block SPF 15 with both UVA and UVB protection every morning and then as needed throughout the day, even on cloudy days. This must be done for 6 months AT LEAST. Dr. Coberly recommends that you keep using sunscreen every day for a year.
- Direct sunlight should be avoided for at least 12 months. Wear wide-brimmed hats and sunglasses as well as sunscreen.
- **Do not smoke** for at least 4 weeks before and 4 weeks after your surgery as it may slow healing and increase complications.
- You may resume using *Retin-A* in 6 weeks.
- If you are having pain which is NOT relieved by the pain medication call Dr. Coberly at 813-259-1550.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact your doctor.
- If you develop a fever (oral temperature greater than 101 degrees), redness, or increased pain or swelling at the surgical incisions, please call your doctor.

