



## GULF COAST FACIAL PLASTICS

*Where Art and Medicine Come Face to Face®*

200 Doctors Drive, Panama City, FL 32405

1303 Mosley Drive, Lynn Haven, FL 32444

[www.gulfcoastfacialplastics.com](http://www.gulfcoastfacialplastics.com)

### **Pre/Post-Operative Instructions for Skin Resurfacing with Laser**

Laser treatment will create a superficial injury. An ointment will be applied immediately after resurfacing. It is essential that you keep your lasered areas lubricated with A&D Ointment, or some other comparable product. Do nothing for the first 24 hours except apply the ointment and cold compresses.

After the initial 24-hour period begin cleansing your lasered areas with a mild cleanser and cold water by gently massaging it onto the areas with your fingertips, do not use a washcloth or any abrasive material. This may cause skin damage. After cleansing, gently pat dry, and then apply a generous amount of ointment. Repeat this process at least three times a day. Please refrain from using any product on the lasered areas other than recommended by Dr. Daube for the first month, unless instructed otherwise by Dr. Daube.

You may observe white scabs forming on or about the second or third day after resurfacing. This is normal. Do not pick or pull at the scabs as this is your body's own method of protecting an injured area. They will fall off later, depending upon how quickly your skin heals. You will also experience a "weeping" of your skin along with some swelling, this is also normal.

Your lasered areas will be pink or red, depending on the depth of your laser treatment. Loss of skin pigment is normal. Complete healing usually occurs in six to eight weeks; however, please do not use any facial products or makeup for one month or until instructed by Dr. Daube.

Avoid sun exposure until healed, and then wear sunscreen of SPF 30 or higher for the next six months. Do not use Retin A, or any alpha hydroxy acids for one month after surgery. Please call the office to make an appointment to begin a skin care program after your treatment. It is recommended at that time to maintain a healthy complexion.