

DR. WENIGER'S LASER RESURFACING POSTOPERATIVE INSTRUCTIONS

AQUAPHOR IS THE ONLY PRODUCT YOU WILL USE UNTIL FURTHER INSTRUCTED

Thing to have/purchase prior to laser to make things easier:

- Aquaphor (we will give you one tub of this)
- slipper/slip on shoes
- button down or zipper tops
- old sheets and old towels to drape over furniture and in the car
- antibiotic soap to wash your hand prior to reapplying the aquaphor

DO:

- **KEEP thick layer of aquaphor on the lasered area at all times-** the first few days you will need to reapply **EVERY 20-30MIN** while awake.
- Sleep with your head elevated to help decrease edema. Sleeping in a chair recliner would be the best.
- Stay away from any animals while healing due to their hair going into the ointment layer on your face, especially cats. Do not change any litter boxes, you do not have your epidermal skin layer to protect your skin from fungal infection.
- Protect your furniture from the aquaphor you have on your face
- Take your narcotic pain medicine as needed, if you have pain.
- Use Tylenol/extra strength when pain tablets run out or are too strong.
- Ibuprofen can be used starting 1 week after surgery unless combined with a face surgery then wait till after 2weeks. Do not use Ibuprofen or Aspirin before then.
- Eat plenty of **PROTEIN** and avoid salt. Limit water intake
- Walk every three hours while awake after surgery to prevent blood clots (walk to bathroom, kitchen, around house, etc.) **WALK OUTSIDE DAILY.**
- Avoid sun exposure. Apply SPF when advised.

DO NOT:

- Pick, scrub, or scratch the treated area, this will cause scarring.
- Get area wet until advised safe
- Drive until instructed to do so by Dr. Weniger (not while on narcotics).
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (causes bleeding).
- Take any tub baths, swim, or sit in hot tub until directed by Dr. Weniger.
- Drink alcohol while on narcotics (causes bleeding).

Laser resurfacing is used to treat wrinkles from skin damage, it does not treat wrinkles caused from skin laxity. To prevent motion wrinkles from returning, you will need to get Botox injection to area every 3 months after you are healed from the laser, we advise you start medical grade skin care to keep your skin in good condition to help the result last longer.

Laser resurfacing does not treat brown spots or broken blood vessels/telangiectasia. If you do have broken blood vessels or brown spots you may notice these more after laser since the old layers of skin were removed with your treatment.

Your follow-up appointment is _____

Instructions understood: _____

For any problems or questions that you may have regarding your post-surgery recuperation,
please call us 843-757-0123