



POST OPERATIVE CARE

CO2 LASER RESURFACING TREATMENT

PLEASE READ THESE INSTRUCTIONS IN THEIR ENTIRETY

You have undergone CO2 LASER RESURFACING.

After your surgery, we will call you to schedule your post op appointment.

Please do the following until your post op appointment:

CO2 RESURFACING LASER



- Treatment area must stay moisturized at all times. Apply Aquaphor or Vaseline daily while healing.
- Avoid direct sunlight exposure, sauna, & hot showers
- Stay hydrated & avoid alcohol.
- Do NOT pick or rub skin, let it fall off naturally.

APPLY ICE PACKS TO THE TREATMENT AREA



- Packaged frozen peas work well.
- Use for 20 minutes each hour for the first 24 hours after surgery while awake or as much as tolerated.
- After 24 hours, use 4-5 times per day. Stop once swelling resolves.

YOU MAY SHOWER



- However, do not soak the treatment area. Please face away from the shower head and clean your face with a gentle cleanser daily.

SLEEP WITH HEAD ELEVATED



- Elevate your head on pillows or sleep in a reclining chair for 24-48 hours to help resolve swelling faster.

OTHER



- No eye makeup.
- Avoid contact lens use for 2 weeks. Glasses may be worn.
- Resume blood thinners (including aspirin) two (2) DAYS after surgery.

Important: unknown allergies to antibiotic ointment can occur. Signs include intense irritation, puffy redness, itchiness, or severe pain. Stop the ointment immediately and text or call the office. If possible, please photograph, or have someone photograph, the reaction to text to the doctor for review.

FULL FACE CO2 LASER RESURFACING

You may experience the following:

1. BRUISING AND SWELLING IS EXPECTED. Your face will swell. Swelling can remain for 1 - 2 weeks.
2. DIFFERENCES OF SWELLING BETWEEN SIDES IS NORMAL, even if the identical procedure was performed on each side.
3. PEELING OF THE SKIN IS EXPECTED. Do not pick or rub the skin.
4. MILD PAIN OR SORENESS IS EXPECTED. Take pain medications AS NEEDED. Begin with Tylenol (Acetaminophen). AVOID ASPIRIN OR IBUPROFEN.
5. REDNESS of the treatment site is normal.
6. ITCHING AND BURNING of the treatment site is normal. Apply a generous amount of aquaphor or vaseline to relieve symptoms. You may also use a hypochlorous acid spray to relieve symptoms.

The following are NOT normal. PLEASE CALL if you are experiencing:

1. SEVERE PAIN not controlled with routine pain meds
2. THICK GREEN PUS or SIGNIFICANT DISCHARGE from the treatment site.
3. THE EYE CLOSING ENTIRELY from swelling or bruising

<i>Who to Text or Call</i>		
Regular Hours (8a-5p, Mon-Fri)	Clinic Technician Line	479-279-6900
After Hours	Dr. Heymann's PA Ellie	913-940-7754
If you can't reach us any other way	Dr. Heymann's personal cell phone	361-739-9376



- If you are experiencing an issue, do not hesitate to text or call at any time.
- If texting, please include a helpful picture depicting the issue, your name, date of birth, date of surgery, and type of surgery.



If you are experiencing an emergency that is life or vision-threatening, or are unable to get in touch with us, call 911 or go to the emergency room.