

# Laser Skin Resurfacing Post-Operative Instructions

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## What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- No alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Continue to take the Acyclovir after your procedure.

## Treated Area Care:

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- If a bandage was applied, it may be replaced in 1-2 days and removed in approximately 1 week.
- Keep lasered areas clean and clear and inspect daily for signs of infection.
- Wash your face with a non-scented/non-deodorant soap at least 3 times daily. Do this as often as necessary to avoid a build-up of the weeping discharge and resulting crusts. Do not pick the crusts off the treated area.

- Apply a thin layer of prescribed ointment to the lasered areas after each washing.
- You may blot the area with a gauze pad, but be sure to reapply the ointment to keep the area moist.
- Ice packs can help control swelling.
- Do not apply makeup until approved by your surgeon.
- Protect the treated area from the sun until all color has returned to normal. Shade face with hat/visor whenever you go out into the sun.
- If resurfacing was done around the eyes, wear good quality sunglasses with UVA and UVB 100% filters.

### **What should my activity level be?**

- Start walking as soon as possible, this reduces swelling and helps prevent blood clots.
- More strenuous activities should be avoided for 4-6 weeks.
- May return to work in 2 weeks.

### **What will it look like?**

- Pinkness or redness of skin may remain up to 6 months.
- Usually, your skin will be free of crusts in about 10 days postoperatively.
- Final results of surgery may take several months to appear.

### **How should I expect to feel?**

- The day of surgery your skin will appear to be deep pink to red, as with a sunburn. This will increase in severity on the second day.
- You will have a weeping discharge from the lasered areas. This discharge will be light pink/gold in color.
- Swelling is expected and may be more pronounced in the lips and around the eyes.
- You will experience a stinging sensation immediately after the procedure. This may advance to a burning discomfort later in the day and evening

but will improve over the next few days.

- Your skin will heal over the next 2 weeks, leaving the lasered areas with a bright pink coloration.
- Your skin will feel tight and smooth. Continue to use the recommended moisturizing agent to the skin surface.
- You will experience increased sensitivity to makeup and acute sun sensitivity.
- Return of pigmentation and light sun exposure in 6-12 months.

### **What follow-up care will I receive?**

- You will be seen in the clinic on a weekly basis until you are healed.

### **When should I call my doctor?**

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- If you notice any hepatic lesions on the lasered surfaces.

### **Who should I call if I have questions?**

- **Clinic Phone (734) 998-6022**

For questions and prescription refills please contact our clinic at during office hours (Monday - Friday, 8 a.m. - 4:30 p.m.)

- **Hospital Paging (734) 936-6267**

After hours and on weekends, call and ask for the Plastic Surgeon on call.

## **How do I manage my pain?**

### **Pre-operative Instructions:**

- Prior to your surgery, pain medication will be prescribed by your Primary care physician or referring physician.
- If you **do not** have an established Primary care physician, please call the Physician referral service at **1-800-211-8181**.
- To establish yourself with a primary care physician **prior** to your surgery, please schedule an appointment with the new primary care physician.

### **Post-operative Instructions:**

- After having surgery, it is expected you will experience some pain even with pain medication. This is a normal part of recovery.
- You will be provided a prescription for pain medicine that will last until your first return post-op visit.
- At your first post-op visit, your pain will be evaluated. The surgical team will manage your pain for the acute recovery phase.
- Acute pain management for major surgery is typically 6 to 12 weeks.
- Acute pain management for minor procedures is typically 7-10 days.
- You may not drive while you are taking narcotic pain medication or otherwise instructed by your surgical team.

### **Managing Prescription Refills:**

- Please call the clinic at **734-998-6022** for medication refills.
- You may also contact us using the Patient Portal at <https://www.myuofmhealth.org>.
- Messages received after hours or on the weekend will be processed the next business day.
- Please allow 24 hours or one business day to have your request reviewed

by your surgical team.

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