

ANH V NGUYEN, M.D., PA.
DIPLOMATE AMERICAN BOARD OF DERMATOLOGY
281-351-9823

INSTRUCTIONS FOR FRACTIONAL CO2 LASER RESURFACING

PRIOR TO THE PROCEDURE

Please notify us if you develop cold sores, fever, or any other illness.

Minimize sun exposure and wear a sunblock containing zinc oxide.

Fill the prescriptions and take the medications as recommended by your physician.

Purchase Aquaphor ointment, white vinegar, and small white cotton washcloths for aftercare.

Begin taking the prescribed anti-viral the night before your procedure, if prescribed

THE MORNING OF THE PROCEDURE

Begin taking the prescribed antibiotic, if prescribed

May take a solid meal.

Cleanse the treatment areas with warm water and a mild cleanser such as Cetaphil.

About **one hour** prior to the scheduled procedure, apply a thick layer of EMLA cream under Saran Wrap cover, or other topical anesthetic as specified by your physician.

Do not wear jewelry, contact lenses, makeup, or perfume.

Bring all of the prescriptions prescribed by your physician for this procedure.

AFTER THE PROCEDURE

Following the procedure, you will experience some discomfort compared to a sun burn. This discomfort may last for about 24 hours. You may apply cold compresses using chilled vinegar solution (one teaspoon of white vinegar in 2 cups of distilled water) as needed.

Following cold compresses, gently pat dry with a clean towel, then apply a layer of Aquaphor ointment.

You may experience slight oozing from the treated areas for approximately 48 hours. You may use a clean, soft cloth or 4x4 gauzes to blot away the drainage and then reapply Aquaphor ointment.

Do not wash the treated areas until the next morning. Wash the treated areas gently with lukewarm water.

Do not scrub. Do not use soap. May use Cetaphil cleanser. Reapply Aquaphor ointment after every cleansing. After two days, may replace Aquaphor ointment with Biafine cream.

The treated area will remain reddish brown for about 48 hours. Some peeling usually starts 72 hours post procedure and may last for 2-3 days. Do not pick or scrub your skin as you may also damage the newly developed skin.

Drink plenty of fluids and rest. Avoid any strenuous activities or exercise, alcohol consumption, sauna baths, and sun exposure for the first week.

Sleeping in an elevated position with 2 or 3 pillows may help reduce edema. Some swelling is normal after laser treatments.

Makeup, or other skin care products should not be used until the treated area has completely healed.

You may take OTC Benadryl, 25mg every 4-6 hours as needed for itching. It may make you feel drowsy.

You may take OTC Advil/Motrin (Ibuprofen) 600mg four times a day or Aleve (Naprosen) 500mg twice a day to help reduce discomfort, unless another analgesic has been prescribed to you.

Your follow-up is scheduled for _____.

Please feel free to call if you have any questions or concerns.