



THE FEW INSTITUTE
for AESTHETIC PLASTIC SURGERY

POST-PROCEDURE INSTRUCTIONS: SKIN RESURFACING

Once your procedure is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-RESURFACING SYMPTOMS

Typical symptoms of skin resurfacing, and signs to watch for following skin resurfacing include the following:

Red, raw, tight skin in the treated region: Seeping of pink or yellow fluid from the resurfacing wounds. A numb or tingling feeling in the treated region: These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Excessive bleeding or fluid seeping through your wounds, pustules or a cold sore.**
- **A severe cloudy drainage seeping from underneath any dressings.**

DAY OF SURGERY INSTRUCTIONS:

- Resume daily activities as tolerated
- Take medications as directed
- You may resume all medications immediately after surgery
- Sleep at 45 degree angle (2 pillows) for 1-2 weeks
- Keep incision clean and dry.
- Cleanse face with a gentle cleanser i.e. Cetaphil
- Apply a thin layer of Vaseline, aquaphor, or recommended ointment to skin twice daily
- Use of makeup will be determined on your follow up visits
- Do Not Drive while taking a narcotic medication
- You may switch to Ibuprofen 24 hours after procedure
- Do not lift, pull, or push anything heavier than 5lbs for 2 weeks post surgery (varies per patient)
- No exercising for 14 days or activity that will increase the heart rate (varies per patient)
- Schedule follow up appointment 3-5 days post surgery

To contact Dr. Few after hours, please call the answering service at 312-202-0882, and press "0"