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 101º) 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”