

CO2 Laser Resurfacing Instructions

Clinic Phone Number: (801) 449-9990

A caregiver over the age of 18 **MUST** be with you for 24 hours following surgery.

Supply List

- Distilled Water, 1 gallon
- White Vinegar, 1 cup
- Vaseline- a larger amount such as one “tub”-sized container
- Make-up removing pads
- Rubbing alcohol- to sterilize spoon
- Foaming Facial Cleanser (Elta MD product)
- 1% Hydrocortisone cream (needed only occasionally)

How to make Vinegar Wash:

- First, keep the Vaseline and Distilled water in the refrigerator so that it is cool- that will be more soothing
- From your distilled water container, empty 1 cup of water into a very clean container. Add 1 tablespoon of white vinegar to the cup of water. Keep this in the refrigerator.

Caring for your skin after laser treatment:

- You will be prescribed the anti-viral medication **Valtrex (valcyclovir)** and anti-bacterial **Cefadroxil**. **It is important to take both of these pills every 12 hours** as prescribed to prevent infection. The Valtrex needs to be taken **36-48 hours before** your procedure day.
- A very important video “**Post CO2 Laser Treatment Skincare**” is on MobleyMD.com (Patient Education page). You **MUST** watch this video and **follow it exactly as demonstrated**. The principles shown in this video are **crucial for optimal post-laser healing**.
 - Key concepts- the key to caring for lasered skin is the **FREQUENCY** of cleaning, and **not the intensity** of any one given cleaning session. **Do not overly rub the skin raw** that will be **counter-productive to optimal healing**.
 - Your face will be coated with a layer of Vaseline after the laser treatment. Uncovered areas are more likely to be painful so please make sure you continue to put on Vaseline as needed. Your body

temperature can make the Vaseline “melt” requiring more frequent application

- **The cleaning occurs in the following steps:**
- **1)** First, remove the layer of “goopy” Vaseline from the surface of the skin
 - **1a)** If you are really goopy, crusty or scabby then use the “Foaming Facial Cleanser” to loosen the debris from the skin surface.
 - **1b)** If not too goopy- go directly to the vinegar and water solution you have pre-made to remove the old Vaseline from skin surface.
 - If you start with the Foaming Facial Cleanser you still must clean with the vinegar & water solution as it provides important anti-infection cleansing.
- **2)** Dry the face with gentle “**patting**” with a **CLEAN** wash cloth. **Dab, do not rub!** Rubbing can damage the healing skin surface.
- **For the first cleaning of the day take a slow panoramic video which you will send to Dr. Mobley. Take the video after the cleaning, but before applying the Vaseline. Please do NOT send this before 8am.**
- **3)** Your face should dry before re-applying Vaseline or similar Post Laser Balm
- **Do not let resurfaced area scab, or crust.**

Follow the cleaning regimen as outlined in the post care video on MobleyMD.com.

First Night:

- Begin cleaning your face as per instructions above before retiring for the night.
- Sleep with head slightly elevated
- Place a towel over secondary pillowcase to protect your pillow from ointment/cream.
- It is common for your pillowcase to become dirty/soiled from your face. **Change your pillowcase DAILY** to keep maximum cleanliness and hygiene from anything making contact with your face.
- If experiencing irritation to eye, may use an eye lubricant (eg Systane)

Days 1-3:

- Continue cleansing area as directed with pre-made vinegar solution and gauze pads.
- Re-apply Vaseline or Post Laser Balm to treated area as needed (ensure skin remains constantly moist)

- May take tepid shower and wash hair with mild shampoo. Keep shampoo off the treated skin the best you can and remember to avoid extra hot or extra-long showers. Too much hot water can just make face redness worse.
- Avoid direct sunlight and excessive heat
- For extreme itching, hydrocortisone cream (OTC 1%) may be applied- however, please CALL Dr. Mobley BEFORE starting this.
- DO NOT pick and/or scratch at the skin surface.

Day 4-7

- Itching has usually subsided
- Continue cleansing area with pre-made vinegar wash and gauze pads.
- Continue applying Vaseline or Post Laser Balm (and cool compresses, if needed)
- AVOID picking and/or scratching
- **We will let you know when you can stop the Vaseline application at your one week follow up visit.**
- **Do not apply make-up until cleared by Dr Mobley.**

Day 8-12

- Itching has usually subsided
- If you develop a red or “pustular” rash, immediately contact our office. This can be a sign of a topical yeast infection and requires prompt treatment with oral medications.
- Typically around Day 10 is when you can stop or decrease the Vaseline application and move to Cetaphil or other bland medium thickness facial moisturizer. We will assist you in product selection.
- Around Day 10 you will no longer need to use the vinegar-water washes and a gentle facial cleanser is more appropriate. After approval to stop Vaseline, you may wash the treated area with Cetaphil, CeraVe or other gentle foaming type skin cleanser.
- AVOID picking and/or scratching. AVOID sun exposure.

Day 10-12 and beyond

- Continue appropriate moisturizer until skin has hydrated back to its normal level (3-4 weeks)
- May start regular skin care program as long as treated area is healed (no exfoliation)
- May use a non-irritating sunblock (SPF 30+) and use mineral make-up (powder) to protect treated areas. **The Jane Iredale products we carry in our office are ideal for this.** If approved by Dr Mobley (Do not use liquid foundation as it may clog pores and irritate new skin)

- Avoid exposure to sun for up to 4 weeks or longer (hat or clothing must be used to protect treated areas)
- May return to exercise program

4 Weeks

- Make an appointment with Dr. Mobley's skin specialist staff to go over your (potentially) new or modified ongoing skin care regimen to maintain best results.
- Redness will continue to fade with each passing week.

Pain Management:

- Dr. Mobley will prescribe you a narcotic Pain Medication to help control your pain after surgery. They will explain in detail how and when to use them. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let them know in advance, so they are able to give you a more compatible pain medication prescription.**
- **Tylenol is the ONLY over-the-counter pain medication you are able to take after surgery for seven days. No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.**
- Common side effects of narcotics include:
 - Constipation: Take stool softeners (MiraLax,) increase fluids and walk more.
 - Nausea: Decrease narcotics, use a suppository, and take medication with food.
 - Loss of appetite: This will improve over time and once you stop taking the narcotic.
 - Sleepiness: This will improve once you stop taking the narcotics.

When to Call:

- **Dr. Mobley's cell is 801-230-2725 should more urgent concerns arise.**
- Please call the office with any concerns at 801-449-9990. We would prefer to be notified if a problem arises to ensure the best possible outcome
- Call if you have pain not relieved by prescribed medication or side effects to medications such as rash or vomiting.
- If you have an oral temperature above 100.4 degrees
- If you have a medical emergency, please call 911

Return to work:

In most cases you will be able to return to work in the broad range of 4-14 days after your laser treatment based on how many areas were treated, intensity of treatment and how you heal. Each patient is different in their healing process, so this can be discussed at one of your post-op appointments. A return to work form can be given to you at that time.

Signature: _____ Date: _____