



Laser Resurfacing Information and Instructions

Fractional Laser Resurfacing removes layers of skin tissue in a fractionated method, whereby columns of skin are removed, leaving the skin surrounding each column intact to aid in healing. This allows us to treat deep into the tissue layers without requiring excessive downtime. The process of using a laser stimulates the body to create collagen and elastin, which will improve the appearance of the skin over the following months. It is used to help reduce fine lines, wrinkles, scarring, uneven coloration, freckles/age spots, skin laxity, textural irregularities, dull tone, and thinning of the skin of the face, neck, and chest. It is an in-office procedure that requires pre and post-treatment care to ensure proper healing. For your comfort during the treatment, we will apply a topical anesthetic. Typically, 2-3 laser treatments are recommended. Maintenance treatments may also be necessary to maintain results, especially if sun is not avoided or proper skin care used.

Prior to your procedure, call your physician if:

- You have a history of cold sores- we will give you a prescription for an anti-viral (to begin one week prior to procedure and continue for one week after procedure)
- You have active acne
- You have a sun tan- you must wait until the skin is no longer tan

Any time prior to procedure: we suggest you purchase the following items:

- White vinegar
- 2 bags of frozen peas or corn
- Clean, soft wash cloths
- Acetaminophen
- New makeup sponges or brushes

Two weeks prior to procedure:

- Begin your lightening regime (if prescribed)
- Discontinue agents that cause bruising or bleeding, including Vitamin E, Fish Oil, Garlic Supplements, Pepto-Bismol, Cholesterol Medications, Gingko Biloba, Primrose Oil, Alka-Seltzer
- Discontinue any over-the-counter medications that contain non-steroidal anti-inflammatories such as: Aspirin, Ibuprofen, Naproxen, Acetaminophen/Aspirin/Caffeine (Excedrin)

Note: Please consult with your physician prior to discontinuing any prescribed medication

One week prior to procedure:

- If you have a history of cold sores, you will begin a prescribed antiviral medication one week prior to the procedure and continue taking it for one week during your recovery.

Three days prior to procedure:



- No alcoholic beverages. Alcohol dilates blood vessels and leads to post-operative bruising and bleeding. Besides reducing the effectiveness of certain pain relievers, it can also increase the risk of side effects associated with those pain relievers. Research indicates that drinking can reduce efficiency of the immune system for a time. In short, alcohol increases the risks of complications and slows down recovery.
- Optional- Begin taking Bromelain (can be obtained at PSG)

Day of Procedure:

- Wear loose fitting clothing- items that button or zip-up the front
- Arrive Clean Shaven
- No makeup, cosmetics, lotions, creams, perfumes, powders
- No hairspray: Hairspray is flammable
- No earrings or jewelry

Post Procedure Instructions:

- During your healing process, you need to be very careful to prevent infection. Wash your hands with antibacterial soap prior to applying any product to your face. Do not rub or pick at your face. Do not use any products other than the products supplied to you.
- Failure to precisely follow prescribed post-op care instructions can lead to complications and scarring.
- Burning Phase- immediately post-op and up to 5 hours after treatment, the treated area will have a slight burning sensation similar to a sunburn. You may apply bags of frozen peas or corn wrapped in a towel to our face in 15 minute intervals
Note: never put ice directly on the treated skin for more than a few minutes as this can cause frostbite
- Reapply Post-Laser ointment every 3-4 hours for 48 hours
- Pain- you can take acetaminophen for mild discomfort.
- Elevate your head using 2-3 pillows to reduce swelling when sleeping for the first night or two after treatment. Use an old pillowcase or towel on your pillow so as to not soil your linens.
- Bathe/Shower- You can shower or bathe at any point in time post-treatment, although it's better to wait until the next day. If a bath or shower is taken within the first 24 hours, avoid using hot water. Preferably take short, warm showers. (Cold showers may be soothing and help remove heat) If you take a shower, avoid running hot water directly on the treated area. After bathing, gently pat dry the treated area with a soft cloth. Never wipe hard with a towel. Wash your hair with baby shampoo (or other non-irritating shampoo) until completely healed.
- No hot tubs or swimming pools (with chemicals./chlorine) until redness is completely gone
- No strenuous exercise including bending, squatting, straining, or heavy lifting until all redness has completely resolved. Avoid activities that cause excessive perspiration. NO contact sports.
- Reduce facial expressions- if the skin around the mouth is tight, minimize facial expressions until healed
- No alcoholic beverages- patients should avoid alcohol for 48 hours post-op, or until redness is gone
- Recovery process- this will vary from patient to patient and on the level of treatment performed. On average, expect 5-14 days on the face, 7-16 days off the face (ie: neck, décolletage, hands, arms, etc.)



24 hours-4 days post-procedure:

Re-epithelization/crusting phase (24 hours-4 days post procedure) your skin will appear uneven, red, and/or mixed with brown, caramel colored. This is usually when you look the worst. Start vinegar soaks 24 hours after procedure until all crusting has peeled off and your skin has re-epithelized (when your skin is pink and intact)

- Oral Steroids- Take as prescribed
- Anti-Viral- Take as prescribed
- Bromelain- for swelling, begin 3 days before and 1 week after (unless allergic to pineapples, trees, latex)

Vinegar soaks regimen-

1. Thoroughly wash hands before touching the treated area, using antiseptic soap
2. Prepare a water/vinegar solution as follows:
Mix 1 teaspoon (5mL) of plain white vinegar with 1 cup of cool tap water.
Note: if solution stings or burns, dilute by using 1 teaspoon to 2 cups of water. This solution may be mixed ahead of time and kept in the refrigerator. Prepare a new solution before each treatment.
3. Take a clean wash cloth, gauze pad, or cotton swab, and soak it in the water/vinegar solution. Ring out any excess and then lay it over the treated area for 10-15 minutes. **DO NOT RUB.** Using the wash cloth, you may gently remove (don't pick) any loose crusting
4. When done soaking, gently pat the treated area dry with a clean, soft towel. You can't soak too much. Soaking will reduce redness and speed healing.
5. Note: You do not have to remove all moisturizer from your face during the soaking process
6. Reapply ointment generously
7. Repeat the procedure 3-4 times daily until all crusting is gone

4-7 days post-procedure

Exfoliation. Shedding Phase- If you feel comfortable, you can begin using a gentle moisturizer. If it stings, go back to using the post laser cream and try again in 24 hours. Apply every 3-4 hours and gradually decrease duration as the skin begins to heal. Continue with vinegar soaks. Do not pick skin or remove skin from face or you may cause *permanent scarring*.

Note: Some people may experience increased post-operative swelling, redness, and recovery times from those stated above, especially if your therapy was more aggressive.

Itching- some patients experience excess itchiness for 2-5 days. This is normally due to the release of histamines during the healing process, which is a good sign. However, it could also be a sign of dry skin due to inadequate use of moisturizers. Please notify us if you have excessive itching that is not relieved with Benadryl or moisturization.

Possible complications- Call the office immediately if you have any fever, chills or pain after treatment that is not relieved by pain medication. Also call if you have excessive redness, blistering, swelling, bleeding, or itching. Failure to diagnose and treat a potential infection may delay the healing and lead to scarring.



Final Healing Phase (7-14+ days)

Start long term skin care products that were provided. Avoid the sun, wear a hat, and use sunblock provided to you DAILY, even on cloudy days and when driving. Once re-epithelialization is complete (skin is not broken, crusting phase has subsided, treated areas are smooth, red and pink), soaks and ointments are discontinued. Makeup and sunblock can now be applied to any remaining pinkness on the skin.

Makeup- We recommend using water-based mineral makeup. Purchase new application sponges or brushes, as infections or acne eruption can be caused by accumulated bacteria. Young skin will be more susceptible to irritation from makeup; apply it cautiously and conservatively.

Sunblock- ALL SUNBLOCKS ARE NOT EQUAL. Do not use sunscreens, since they absorb UV light and release it as heat into the skin. Rather, use a “physical sunblock” containing zinc and/or titanium, such as our PSG Sunscreen Spray, which deflects (blocks) UV light. Avoiding sun is the most important thing you can do to prevent photo-aging. Use sunblock for at least two weeks (3-6 months is better) after treatment any time you go outside in the sun (Sun avoidance and use of sunblock should be a life-long endeavor). Avoid all direct sun exposure. Apply sunblock ½ hour prior to going outside for better protection. Sunblock must be reapplied every 2 hours to be fully effective and in the correct quantity. Also use physical blockers such as hats, scarves, and sunglasses when possible.

We require a follow-up appointment at 2 months after laser resurfacing. Please call us at 973-233-1933 to schedule your follow-up if you have not already had it scheduled.

Thank you again for choosing Plastic Surgery Group