

Alessandro Surgery Center
73-710 Alessandro Drive, Suite A1
Palm Desert, CA 92260
Phone Number: 760-837-0364
Fax Number: 760-837-3843
www.csipd.com



Deep Laser Resurfacing Post Skincare Instructions

Day of Resurfacing:

Immediately following laser resurfacing, a layer of topical antibiotic and a numbing cream will be applied over treated areas which will remain on the skin overnight. No washing the skin this first day. Skin will feel hot and tight like a sunburn. An acetaminophen (such as Tylenol) or an NSAID (such as Advil) can be taken to alleviate discomfort. "Streaks" or lines on the treated areas are normal and will disappear as the skin heals. Keeping the head elevated by sleeping with extra pillows will help with the swelling.

Day One-Three:

The next day you will return to CS! for your first Oxygen treatment with the Esthetician. The Esthetician will cleanse your skin, apply oxygen, and finish with the application of ointment. At this point, you'll be given the products you need to aid in the healing process. Gently cleanse the skin once a day with the Luke warm water, using only the fingertips. **DO NOT TRY AND REMOVE SKIN THAT HAS CRUSTED OR IS OOZING.** Always pat skin dry avoiding any friction, and apply the Post Procedure Balm immediately after. Make sure your skin is protected with the balm at all times. **DO NOT LET IT BECOME DRY.** Avoid the sun whenever possible and do not go outside without applying the sunscreen provided. To help alleviate discomfort, a cotton gauze dipped in water and white vinegar (1 teaspoon with 2 cups of water-keep refrigerated) can be gently applied to treated areas 3 to 4 times a day, being careful not to remove balm or causing irritation to the skin.

Day Four-Six:

Depending on the healing of your skin, you can discontinue the Post Procedure Balm. Continue using the mild cleanser provided, washing twice a day both morning and evening. A gentle, hydrating moisturizer can now be used on areas that have peeled. Your Esthetician will have recommended a moisturizer and/or serum to you at this point for your specific needs, and skin type and personally customize your skin care routine for the next six weeks, until your first complimentary skin care treatment. This treatment will remove dead skin cells, hydrate, and provide nourishment to the skin.

*Everyone heals at different rates. If the skin is still swollen, red, and irritated, (very common around the eyes) continue to use the Post Procedure Balm. The skin may not be ready to advance to other products.

Day Seven:

Typically around 7-10 days post treatment; you may begin wearing mineral makeup to camouflage the pinkness or discoloration. Mineral makeup (such as GLO Minerals) is recommended since. This allows the skin to breathe, contains antioxidants, vitamins, and minerals, and is free of fragrances, dyes, and talc.

Over the next 6 weeks the skin continues to heal. **DO NOT** be overly aggressive with washings or product and **NO** exfoliation. Always wear sunscreen with an SPF 30 or higher whenever outdoors and a large hat is always recommended during the 6 week healing process.

*Also included is a 6-week post procedure skin treatment, which will be scheduled at the booking of your procedure.

Oxygen Facial #1: _____ #2: _____ #3: _____

<u>{SIGNATURE}</u>	<u><System.Date></u>	<u><System.UserSignature></u>	<u><System.Date></u>
Patient Signature	Date	Witness	Date

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LASER RESURFACING PRE-OPERATIVE INSTRUCTIONS

<PersonallInfo.FirstName> <TF.ProcAppt.Date> at <TF.ProcAppt.Time>.
<PersonallInfo.LastName> you are scheduled for
a surgery on _____

Please read the follow instructions carefully. EACH IS IMPORTANT
to the ultimate success of your surgery.

1. **Do not sunburn** or over-expose yourself to sun.
2. Surgical fees are to be paid in full 2 weeks prior to surgery.
3. **No alcoholic beverages** for 48 hours prior to surgery and post-operative until antibiotics are finished.
4. **Illness:** If you develop any signs of infection (cough, fever, etc.), please notify us immediately.
5. **Showering:** The night prior to and the morning of surgery wash your face, neck and chest with an antibacterial soap. Do not wear any makeup, moisturizers, hair spray, etc. on the day of surgery.
6. **Diet before surgery:** Nothing to eat or drink after midnight the night before surgery. Please brush your teeth the morning of surgery.
7. **Clothing on the day of surgery:** Wear a blouse, gown, or dress that buttons or zips. You do not want to pull clothing over your head. Bring flat slip-on shoes. Do not wear any jewelry the day of surgery or bring valuables.
8. **Medications:** Your prescriptions should be filled after your pre-operative visit. Instructions will be on the bottles. Begin your antibiotic and anti-viral medications the day before surgery.
9. **Laboratory work:** Your laboratory work must be completed one week prior to surgery. A request slip will be given to you during your pre-operative appointment.
10. **Smoking:** Please quit or cut back two weeks prior to surgery. **DO NOT SMOKE ON THE DAY OF SURGERY.**

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