

**ANIL P. PUNJABI, M.D., D.D.S.**  
**Board Certified**  
**American Board of Plastic Surgery**  
**American Board of Oral and Maxillofacial Surgery**  
365 Terracina Blvd., Redlands, CA 92373

**POST OPERATIVE INSTRUCTIONS FOR LASER SKIN RESURFACING**

**INSTRUCTIONS**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Continue to take the Acyclovir after your procedure.

**ACTIVITIES**

- Start walking as soon as possible, this reduces swelling and helps prevent blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- More strenuous activities should be avoided for 4-6 weeks.
- May return to work in 2 weeks.

**TREATED AREA CARE**

- You may shower after your first post-op appt.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- If a bandage was applied, it may be replaced in 1-2 days and removed in approx. 1 week.
- Keep lasered areas clean and clear and inspect daily for signs of infection.
- Wash your face with a mixture of 1 teaspoon of vinegar in 1 cup of water at least 3 times daily.  
Do this as often as necessary to avoid a build-up of the seeping discharge

and resulting crusts.

Do not pick the crusts off the treated area.

- Apply a thin layer of prescribed ointment to the lasered areas after each washing.
- You may blot the area with a gauze pad, but be sure to reapply the ointment to keep the area moist.
- Ice packs can help control swelling.
- Do not apply makeup until approved by your surgeon.
- Protect the treated area from the sun until all color has returned to normal. Shade face with hat/visor whenever you go out into the sun.
- If resurfacing was done around the eyes, wear good quality sunglasses with UVA and UVB 100% filters.

### **WHAT TO EXPECT**

- The day of surgery your skin will appear to be deep pink to red, as with sunburn. This will increase in severity on the second day.
- You will have a seeping discharge from the lasered areas. This discharge will be light pink/gold in color.
- Swelling is expected and may be more pronounced in the lips and around the eyes.

### **WHAT TO EXPECT (Continued)**

- You will experience a stinging sensation immediately after the procedure. This may advance to a burning discomfort later in the day and evening but will improve over the next few days.
- Your skin will heal over the next 2 weeks, leaving the lasered areas with a bright pink coloration.
- Your skin will feel tight and smooth. Continue to use the recommended moisturizing agent to the skin surface.
- You will experience increased sensitivity to makeup and acute sun sensitivity.
- Return of pigmentation and light sun exposure in 6-12 months.

### **APPEARANCE**

- Pinkness or redness of skin may remain up to 6 months.
- Usually, your skin will be free of crusts in about 10 days postoperatively.
- Final results of surgery may take several months to appear.

### **FOLLOW-UP CARE**

- You will be seen in the clinic on a weekly basis until you are healed.

### **WHEN TO CALL**

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- If you notice any herpetic lesions on the lasered surfaces.

**For medical questions, please call:**

- **909-798-9950** Monday - Friday, 9 a.m. - 5 p.m.
- After hours and on weekends for emergency calls – Dr. Punjabi @ **909-213-6183**