



1072 Troy Schenectady Rd. Latham, NY 12110

## Post Operative Care for CO2 Laser

### **PROCEDURE DAY:**

**An Aquaphor Mesh dressing will be applied to all CO2 laser treated areas.**

1. If the dressing shifts exposing treated areas, you will need to reapply Aquaphor healing ointment with Q-tips as needed to exposed areas including edges.

**All CO2 Laser treated areas are to be moist at all times.**

**\*Re-apply Aquaphor Healing Ointment as needed.\***

2. **Apply Ice packs** (Twenty minutes on- Twenty minutes off)to face & eyes. Gauze pads soaked in ice water may be used in the eye areas.

3. **Keep head elevated above chest.**

4. **HYDRATE, HYDRATE, HYDRATE:** Increasing your fluid intake is extremely important in assisting your body to heal the treated areas. Including keeping your face moist at all times.

**Day 1-3** We will have you return to our office. We will change your dressing.

At this time we will reassure you that the swelling and redness is as expected. And review instructions for cleaning those areas again. Instructions on back.

**Day 2** You can shower after we remove your dressing. Avoid getting any soap or shampoo on the treated area.

**Day 4-14** **HYDRATE, HYDRATE, HYDRATE-** Continue to increase fluid intake.

The red sensitive new skin will have a tendency to crust and scab however, continue to wash the treated areas as you have done previously at least 3-4 times per day. If you experience an outbreak of acne, blisters, tingling or burning sensations at any time inform us immediately.

**Do not scratch your skin.** If itching becomes a problem please notify our office. You may need medication to relieve the itching or irritation.

**Excessive rubbing can lead to discoloration of the skin, infection or even scarring.**

**Avoid Cosmetics, Hairspray, Shampoo and Aerosols.** around the healing area for the first 14 days.

**Completely avoid sun exposure for the first (14) days.**

Make sure you wear a wide brimmed hat to shade your face. After you are completely healed-Sun block should be used daily and can be purchased from our office.

## Post Operative Cleansing & Moisturizing

### PROCEDURE DAY:

1. **Apply Aquaphor Healing Ointment** with Q-tip as needed to dry areas including edges keeping all treated areas moist.
2. **Apply Ice Packs** (twenty minutes on, twenty minutes off) to face, especially eyes. Reapply Aquaphor Healing Ointment as needed.
3. **Keep Head Elevated above chest.**

The Following cleansing routine will be started 2 days following your procedure, unless otherwise instructed.

1. Remove ointment gently with cotton squares or soft wash cloth.
2. Wash gently in a circular motion using a *mixture of ½ tablespoon white vinegar to 1 cup of distilled water* for the *first five days*.
3. Rinse off with plain *distilled water* by gently splashing face over sink.
4. Sometimes you may see yellowish build-up or crusting. Soaking this area will help soften the skin. Gently remove this build-up with a wet Q-tip. Listen to your skin. You **don't** need to be aggressive.
5. Dry area by patting gently.
6. Initially, **For TCA PEEL Patients** cleansing should be done *twice daily* in the am and pm for the first two days. You may then begin cleansing up to *four times* per day if you wish.
7. At five days **stop** using vinegar and water solution. Begin using Cetaphil Cleanser.
8. Use Aquaphor ointment for ten days. At *ten days* use Fragrance Free & Sunscreen Free Cetaphil moisturizing lotion for dry sensitive skin treatment.
9. If skin feels dry, reapply Cetaphil throughout the day.  
If some areas are dryer than others, Aquaphor Healing Ointment can be applied. Aquaphor Healing Ointment may be applied at night if skin is dry, continue using the Cetaphil lotion during the day.

### Prescription for Valtrex

### SUPPLIES NEEDED

- \_\_\_ COTTON BALLS COTTON SWABS / Q-TIPS
- \_\_\_ VINEGAR (WHITE)
- \_\_\_ DISTILLED WATER
- \_\_\_ AQUAPHOR HEALING OINTMENT (Lg tub)
- \_\_\_ CETAPHIL LOTION (without SPF)
- \_\_\_ CETAPHIL CLEANSER – (gentle cleanser)

DON'T TAKE ANY CHANCES! If you are concerned about anything you consider significant, please call (518) 786-7000

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health. You may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

*Edwin F. Williams, III, MD*