



# Renaissance Clinique

*Beauty through Art, Science & Technology*

## **Laser Resurfacing (Laser) post-operative instructions**

1. After getting home, continue resting comfortably for the next 24 hours with your head elevated. Have someone assist you in getting up out, going to the restroom, etc. for the first day or two.
2. Continue to take your Valtrex prescription medication as directed. You will be going home with a copper cream that also be applied as directed.
3. The treated areas will look red and raw. You may take your pain medication as needed. Keep you're the treated areas moist with the copper cream and you may also use cold compresses to alleviate discomfort.
4. To help minimize swelling and discomfort, you may apply ice cold compresses to the sides of your face during the next 24 hours after surgery.
5. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Tylenol (Acetaminophen) may be taken in the place of your prescription.
6. Call your doctors office immediately if you experience any of the following symptoms: Temperature above 101.8°F, shakes and chills, severe unrelieved pain.
7. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.
8. After the first 24 hours, you may shower. You will wash your face using tap water at least 3 times a day. Gently pat dry with a soft clean towel and reapply the copper cream. It is important that you keep the treated areas clean and moist avoiding crusting.
9. It will take 5 to 9 days for the treated areas to stop oozing and for new skin to form. Once the new skin forms you will need to use sun block to protect your skin from the sun. The treated areas will still look pink and delicate to the touch.

When directed by your doctor you will begin to use Hydroquinone to help prevent hyperpigmentation(excess pigmentation, which would cause the treated areas to be darker then the surrounding skin.



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10. It will be ok to wear makeup after new skin has formed. Be sure to then meet with our Aesthetician to help you with these issues about 10 days after your laser treatment.

11. The pinkness of the treated areas will fade over the next 6 to 12 months after your laser treatment leaving you with smoother, healthier, and less wrinkled skin.

12. Avoid direct sun exposure if all possible.

13. Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.