

Full Field Resurfacing

What you need to know for the day of the procedure.

Prescriptions to fill before the procedure

1. **Antiviral: Valtrex.** Start 1 day prior to the procedure and continued for 6 additional days.
2. **Antibiotic: Keflex** (cephalexin). To be started the day before the procedure and continued for 6 days post procedure.

If you choose to have pain medication for the procedure you will need a driver.

Products included with your procedure:

1. Moist occlusion (**Aquaphor**)
2. Gentle Cleanser (**Effaclar**)
3. Serum (**CEFerulic**)
4. Sun Protection (**Hydraphase UV**)

Day of the Procedure:

1. You should have a driver if you plan to take pain medication
2. If you wear contact lenses, no lenses on day of laser
3. Arrive, face washed with warm water.

Pre-Laser Photos are taken in office.

1. A thick layer of EMLA will be applied and left on for 1 hour
2. You will be given Percocet (Oxycodone and Acetaminophen) by mouth to make you feel more comfortable

Post Resurfacing Instructions:

1. Immediately post procedure, cool air is applied to the area. A liquid layer of vitamin C, vitamin E, and Ferulic Acid (antioxidants) is applied before **Aquaphor** to the treated area. You will feel very hot, like an intense sunburn for approximately 1-3 hours and then it will dissipate. Typically pain meds are not needed post procedure, however, you can take Tylenol if needed.

- 2. Vinegar Soak Technique:** Lie down with towel under your head with a clean gauze pad or wash cloth, gently soak the treated areas for 10 minutes using **1 teaspoon white vinegar in 1 cup of cool tap water. Make sure the gauze or wash cloth is soaked.** Pat dry and apply an ample coat of **Aquaphor** with clean finger tips. Repeat 4 times daily or more often for comfort. If the vinegar soak stings or burns, dilute with more water. Start this tonight (the day of the laser) and continue for 3 additional days.
- 3.** Apply **Aquaphor** every 2 hours the first day and 4 times per day from day 2 until about day 4 or 5 (until re-epithelialization which occurs at around 4 to 5 days)
- 4.** You may continue with cool compresses (such as bagged frozen peas) if desired at home for the first 24 hours. This helps minimize post laser swelling.
- 5.** Continue taking antiviral and antibiotic as directed by our physicians.
- 6.** You may shower the next day but are to strictly **AVOID** hot water on treated area.
- 7.** May begin to use gentle cleansers (such as **Effaclar**) the next day after the procedure and wash gently in a circular motion. **Avoid picking, massaging, and aggressive scrubbing of the exfoliating skin.** If you have a soft washcloth, you may gently use this to help remove the **Aquaphor**. Reapply the **Aquaphor** after washing.
- 8. Completely Avoid sun** for the first several weeks (wear a hat). You may start sunscreen when epithelialized (**Hydraphase UV**) daily sunscreen use is a must!
- 9.** Avoid strenuous **exercise and sweating** until skin has healed.
- 10.** Follow up: __next day __1 week __6 weeks __3 months
- 11.** Call promptly if any increase in pain/and or redness.