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Patient Instructions for Laser Skin Resurfacing

Pre-Laser Resurfacing:

Stop all topical creams five days before your laser resurfacing. This includes your Retin-A, Renova, and Glycolic acid products. You may continue using make-up, sun screen, moisturizers, and bleaching creams.

On the day of the laser resurfacing, do not wear any make-up.

One hour before your laser treatment, take 1,000 mg of acetaminophen (Tylenol).

Take any other prescribed medications as directed on the bottle.

If prescribed any sedatives, please bring someone to drive you home.

If you have any questions regarding your pre peel instructions please call our office.

Post-Resurfacing Care:

You have just had a mid-depth skin resurfacing performed. The keys for healing after this type of peel are:

1. Do no pick at any scabs/crusting or skin that is peeling off (let these fall off on their own).
2. Keep the area moist with an ointment at all times to prevent scabs from forming. If followed, these keys will decrease the chances of scarring and speed healing time.

Once you get home, minimal pain will probably occur. If pain does occur use Tylenol. At this point, you need to start taking care of the wound that the chemical peel has induced. Wash your face with a mild soap (Dove, Basis, Purpose, Aveeno, Nu-Derm cleanser) and water, then apply a layer of ointment to the area. We recommend Aquaphor ointment, though you may also use Vaseline, sun block, moisturizers, or Crisco shortening. Antibiotic ointments are not preferred because they increase the risk of causing an allergic reaction. Do this four times a day. If the area is drying out and starting to form crusts/scabs, then apply the ointment more often.

Continue with this care regimen until the skin is completely healed over. After three or four days, the skin may begin to peel off in large sheets. This initial phase of healing will usually take seven to ten days.

When the skin is completely healed over, the new skin will be pink. This pinkness will fade. This may take two weeks to two months, or rarely longer. Red and pink

skin is best covered by using a green make-up. This can be found at department stores.

If after two to three days you begin to experience increasing pain in the area or if you develop small water blisters or honey-colored crusting in the area, please call our office. These can be signs of infection.

If you have any questions at any time during the healing process, please call the office.