

## **LASER RESURFACING MEDICATIONS**

Helpful information regarding medications:

You will receive prescriptions when you decide to have Laser Resurfacing. The medications and directions for use are listed below. Please feel free to call with any questions you may have. We realize there are several medications but compliance with the medications and post laser resurfacing instructions will optimize your results.

### **TWO DAYS BEFORE YOUR TREATMENT:**

- Avoid the sun and wear your Sunscreen.
- Pick up your medications and supplies for the next 3-5 days
- Prepare your recovery area. A fan, light reading materials, TV, Videos, Books, Books on Tape, Craft work, Computer access are helpful ways to keep your mind active.
- Sun glass, wide brim hats, scarfs, and hoodies may ease public appearances for the first 3-5 days.
- Valtrex (2) 500 mg tablets 2 times a day for 7 days beginning 1 day prior to surgery. The purpose of this medication is to decrease your risk of getting "shingles" or "herpes zoster" after your laser treatment. This complication is painful and causes the highest risk of scarring so VALTREX is MANDATORY.
- Minocycline and Diflucan may also be necessary to start taking the day prior to procedure. These also help prevent infection from bacteria and fungi.
- 30 - 60 minutes prior to your procedure you may be prescribed pain medications and an anxiolytic. These can be take once you arrive to the clinic.
- If you would like pain medication for your laser procedure a driver will be required before and after your procedure.

### **AFTER YOUR PROCEDURE:**

- Resume taking Valtrex. Take this as directed above for 5 days after your laser treatment.
- Medrol Dose Pak: Take this medication as the package recommends. This helps decrease swelling and inflammation. Take all this medication.
- Minocycline is an antibiotic to reduce your risk of infection after the procedure. This should be taken 2 times a day for 6 days with food until all of the medication is gone. Start day prior to your laser procedure. Antibiotics are not effective unless you complete the prescribed dose.

- Do not apply anything besides the Moisturizers given to you by Chrysalis Cosmetics or Vaseline on exposed areas during the first 10 days after your laser treatment. We have patients who had tried other creams, gels, and solutions which resulted in prolonged redness, rash, or severe stinging and/or irritation.

#### SEVEN TO TEN DAYS AFTER YOUR TREATMENT:

- At this time your skin should be healed. Your skin will be evaluated at this time. For some prescription creams may to facilitate the healing process. If your skin is completely healed and does not require such treatment you may begin using an oil-free, hypoallergenic, noncomedogenic moisturizer. Remember to apply it frequently, as your skin will be very dry for several weeks.

- Dr. Perry will evaluate your result at 4 weeks after treatment and may prescribe hydroquinone, retinol or a steroid cream and a post laser cream depending on your skin type and reaction to the laser resurfacing.

- ◆ You will be asked to apply a thin layer of Post Laser dressings given to you or Aquaphor to the lasered areas at least 2 - 3 times daily in order to keep the area moist.
- ◆ Take the entire course of antibiotics and/or Antiviral medication (if prescribed)
- ◆ Avoid the sun for the first week

Skin Care Regimen - Begin the second postoperative day:

- ◆ Splash face with cold water to wash 2-3 times a day to keep the surface clean. No soap is needed.
- ◆ Take care when cleaning the area not to disturb the crusts, as this can cause bleeding and scarring.
- ◆ Apply the provided moisturizer (Aquaphor or Aloecort) to the entire treatment area. The area needs to be moist to facilitate the healing.
- ◆ Make up can be applied after all the crusting has resolved, usually 5-7 days. Use a natural mineral makeup to minimize risk of infection and reaction to the newly exposed skin.
- ◆ Be sure to wear a hat and sun screen when outdoors for the first month following the treatment to avoid hyperpigmentation
- ◆ Start your 4% Hydroquinone post laser day four in the morning and Retinol therapy at night continue for the next two months
- ◆ Apply sunscreen in the morning (At least spf 30 or more) for the first three months

Call the office if you experience:

- ◆ Severe pain not responding to the medications.
- ◆ A rash, small blisters, or the surrounding area becomes red.
- ◆ Significant swelling or obviously more swelling on one side.
- ◆ Significant changes in vision, anything more than mild blurring.
- ◆ A fever.
- ◆ Call the office if you have any questions.

You can expect:

- ◆ Crusting and Itching -The crusting that occurs is expected. Do not remove any crusting because this may cause bleeding or scarring. This will gradually fall off over a seven to ten day period. Itching is a normal sign of healing, but if it is intolerable, oral Benadryl may be used according to manufacturer's instructions.
- ◆ As the old skin peels away, skin with a brighter pink color will appear. This is healthy new skin, but can have the appearance of red sunburned skin. Do not be alarmed. This color is normal and usually fades after a 2-6 weeks.
- ◆ Avoid sun exposure in the early postoperative period. Excessive sun exposure during this time could cause changes in the pigment. When the crusts are gone you will need to use a sunscreen daily for the first few months.
- ◆ Moderate swelling around eyes. If you experience dry eyes you may use over the counter artificial tears.