



PACIFIC COAST

FACIAL PLASTIC SURGERY

INSTRUCTIONS FOR LASER SKIN RESURFACING

To prepare your skin for resurfacing, Dr. Boeckmann may start you on a skin regimen to optimize your skin for the procedure. This may include a bleaching cream (e.g. hydroquinone) and a retinol or retinoic acid. Use these products nightly. Stop them 1 week before your procedure. It is important you use a high quality sunscreen while using these products.

ONE WEEK BEFORE YOUR TREATMENT

- Avoid excessive sun exposure or tanning
- Discontinue the use of facial exfoliants (scrubs, washes, and other treatments such as microdermabrasion that remove the outermost layer of skin).
- Discontinue the use of products containing topical retinoids/retinoic acids, including Retin-A, Avage, Differin, Ultra A, Tazorac, and Renova.

Review the prescriptions provided by Dr. Boeckmann. You will be asked to start anti-viral and antibiotic medications prior to your procedure. Patient with a history of cold sores will be prescribed an antiviral (e.g. Acyclovir 2 weeks prior to your procedure). Patients without a history of cold sores will begin an antiviral 2 days prior to their procedure.

THE DAY OF TREATMENT

- Do not wear contact lenses.
- Avoid make-up or use any other facial products, such as a moisturizer. Do not use mascara.
- Wash your face with a gentle cleanser like Cetaphil prior to arrival for your procedure.
- If wishing for sedating/pain medication during the treatment, you will need a driver to bring you to the office and take you home after the procedure.
- Once you arrive to the office for your procedure, Dr. Boeckmann may take pre-treatment photographs. Then, a topical anesthetic cream will be applied for approximately 60 minutes prior to the procedure to numb the treatment areas.
- After the procedure, a layer of Aquaphor or occlusive moisturizer will be applied to the treated areas.
- Your treated skin must be covered with Aquaphor or prescribed occlusive moisturizer continuously for the first 24 hours after treatment.

POST-PROCEDURE CARE INSTRUCTIONS

- After the first 24 hours, please wash the treated areas with a gentle cleanser to gently remove the Aquaphor.
- **Always wash your hands thoroughly using antibacterial soap before touching the treated skin.**

- Use a clean but older pillow case or towel the first night to avoid ruining your regular pillow case. Some patients experience pinpoint bleeding overnight, which resolves within 24 hours.
- Wash your face 3-5 times a day after the first 24 hours.
- Following cleansing, use a white vinegar solution or Domboro solution to ease discomfort and minimize itching.
 - Mix a solution of 1 teaspoon white vinegar with 1 cup cold water.
 - Gently dab the mixture onto the treated areas using a clean washcloth or gauze.
 - Following the white vinegar solution treatment, the area should be gently rinsed with water and dried with a clean washcloth.
 - You may perform this white vinegar solution treatment 3 times a day.
 - For itching, consider using Benadryl or Claritin.
- Apply Aquaphor immediately after cleansing or when the skin feels tight or dry. It is imperative that the treated skin does not dry out; otherwise it may increase the risk of scar formation and/or infection.
- Apply a thicker layer of Aquaphor at nighttime for the first 5 days.
- Keep your head slightly elevated at night to minimize swelling after the procedure. Using an extra pillow will help facilitate head of bed elevation.
- Avoid rubbing or itching the treated areas. Also, avoid removing flaking or peeling skin. Rather, allow this skin to peel on its own. Rubbing and/or removing flaked/peeled skin may increase the incidence of scar formation.

- 4 days after your procedure, discontinue the Aquaphor and use a gentle moisturizer for hydration.
- 5-7 days after your procedure you can wear sunscreen and make up. Dr. Boeckmann will provide individual instructions depending upon the treatment.
- **Contact Dr. Boeckmann if you begin to experience any of the following:**
 - **Cold sores/Fever blisters**
 - **Signs of infection, such as increased itching, pain, swelling, pus, or oozing.**
- New skin will have formed underneath the layer of the treated skin that flakes/peels. Your new skin will be fragile and must be treated gently.
- Wear sunscreen daily and avoid direct sun exposure for 4 weeks following your procedure.
- Avoid activating skin care products (e.g. retinol, retin-A, glycolic peels) for 4 weeks post treatment or until instructed by Dr. Boeckmann

If you have any questions or concerns contact our office at (949) 273-3112.



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