**T. Y. Steven Ip, M.D.**

# PLASTIC SURGERY

**LASER SKIN RESURFACING AFTER CARE INSTRUCTIONS**

## Pre-Op

 The day before your procedure begin Valtrex. The purpose of this medication is to decrease your risk of developing shingles or herpes zoster after your laser treatment. This complication is painful and causes the highest risk of scarring, therefore, Valtrex is mandatory. You will continue this medication for 5 days following the procedure.

 Other medications prescribed are as follows:

* Medrol Dose Pack, which helps decrease swelling and inflammation. Follow the directions on the pack.
* Keflex is an antibiotic to reduce your risk of infection after the procedure. Vicodin/Lortab is a pain medications to control any discomfort. Take these medications with food or milk to avoid nausea and/or vomiting.

## Days 1-6

 You will have an ointment (Aquaphor) dressing on your face. You will gently wash your face with mild soap (Neutragena, Dove) and water. The ointment (Aquaphor) will be applied 2-3 times during the first 5-6 days after the procedure to allow for maximal healing.

 Any exposed areas, such as the eyes, should be covered with an ophthalmic antibiotic ointment 3-4 times a day. If laser resurfacing is performed around your mouth, you may use a non-Vaseline ointment on the lips. Minimize talking and eat a soft diet or drink liquids from a straw for the first few days to help the healing process.

 Most of the major swelling will occur during the first 3 days after surgery. Keep your head elevated on two or more pillows for approximately 7-10 days. This will help to minimize the swelling. Most discomfort will be during the first 24-48 hours after your laser skin resurfacing. The discomfort will be relieved by Tylenol or pain medications prescribed by Dr. Ip.

 You may begin showering the day after your laser resurfacing. **However, try to avoid too much water on the face and any aggressive washing of the face.**

**LASER SKIN RESURFACING**

## AFTER CARE INSTRUCTIONS (continued)

1

## Days 7-10

 A moisturizer can be used very sparingly 2-3 times daily to reduce discomfort and itching.

Specific instructions on use will be given to you at the time of your follow-up visit. You may take Benadryl 25mg tablets as needed every 6 hours for intolerable itching.

 Your skin should be healed 7-10 days following the procedure. At this time you should make an appointment with Dr. Ip so you can learn how to take care of your skin. For the first 4-6 weeks following Laserbrasion, your skin will be red and gradually diminish to a light pink color. During this time you may begin apply hypoallergenic cosmetics. You can apply a green cover-up make- up followed by a base make-up to camouflage the redness. Most patients can return to work or

activities 10-14 days after the Laserbrasion procedure without any difficulty.

 Please call Dr. Ip on his cell at (949) 212-1619 immediately with any sign of infection, which would be signaled by fever, increased pain, new redness or swelling in the surgical area.

It is important to be seen by Dr. Ip after your initial post-op checks. He will see you at scheduled follow-up appointments. Call to schedule your appointments at Newport Beach Office (949) 548-0300 or Park Avenue NYC (855) 742-8800 between the hours of 8:30 – 6:00.

# IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. IP

If you are a patient at one of the facilities below, please call between the hours of 8:30-6:00. If you need immediate care, please call Dr. Ip anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Ip’s cell: (949) 212-1619

Dr. Ip's email: tystevenipmd@mindspring.com

Dr. Ip’s website: [www.](http://www/)[surgery-plasticsurgeon](http://www.drrohrich.com/).com

Newport Beach Office:

351 Hospital Road, Suite 319 Newport Beach, CA 92663 (949) 548-0300

Park Avenue NYC Office: 799 Park Avenue

New York, NY 10021 (855) 742-8800

2