



PLASTIC SURGERY INSTITUTE OF OHIO

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PREOPERATIVELY (BEFORE SURGERY)

1. Must be on our skin care program for 4 to 6 weeks: Combination of Retin-A and hydroquinone.
2. Start antiviral medication, Valtrex, two days prior to laser.

POSTOPERATIVE INSTRUCTIONS FOR LASER SKIN RESURFACING

1. Maintain Silicone mask until next office visit in 3 or 4 days. If the mask peels away from your face (or chin), you can trim it away with scissors and apply CU-3 cream to the exposed areas of skin.
2. Apply the recommended cream or moisturizer to any exposed skin where the mask comes off to keep your face lubricated.
3. Take your antibiotic as directed until gone: _____
Take your antiviral medication as directed until gone: _____
Take your pain medicine as needed: _____
4. You will need to be seen in our office 3 to 4 days after surgery, as recommended. Call for an appointment and call if you have any questions or problems.

5. You will be given further postoperative instructions at your office visit. Remember that weeping, redness, and swelling are normal. Improvement will begin in 3 to 7 days and tinted sunscreen can be applied.
6. Be patient for the results.
7. Occasionally, small whiteheads can appear on the skin due to clogged pores. Gently break them with a Q-tip moistened with peroxide. If they don't break easily, leave them for us to take care of at your appointment. Don't hesitate to call the office at (216) 561-0312 if you have any questions.

**SALINE SOAKS (ONLY IF CRUSTING OCCURS –
INSTRUCTED BY THE OFFICE)**

1. Keep saline in refrigerator.
2. Place gauze in **clean** bowl. Pour small amount of saline over gauze. Wring out so that they are saturated but not dripping. Place over areas where crusting occurs. Leave for 20 minutes and remove. Reapply CU-3 cream. Do this four times per day (**DO NOT** do more than this).