

Cosmetic Surgery Associates of New York

POSTPROCEDURE LASER INSTRUCTIONS

Below materials are general guidelines. Each patient is different and each procedure is unique to that patient. All aspects of your postoperative care will be discussed with you by Dr. Greenwald and modified to your particular case.

***If you have taken Accutane within the last 18 months, please let us know. Avoid sun tanning before and after for at least 4 months after your laser treatment. Stop applying Retin-A and any strong chemical peels six months prior to your laser treatment.**

- 1) Please have someone available to drive you home from the office.

- 2) You will receive several prescriptions. The instructions for their use are detailed below. If you have any known drug allergies or sensitivities, please discuss them before you have the prescriptions filled.

- 3) **PRIOR TO YOUR LASER TREATMENT**, in addition to filling your prescription for Valtrex, you should purchase Aquaphor® healing ointment and Cetaphil® cleanser. Begin using Cetaphil cleanser 2 weeks prior to your laser treatment. You may continue taking any medications that you normally take. You may continue to use your usual moisturizer, sunscreen and make-up *unless* these products contain alpha-hydroxy acid, glycolic acid, fruit acids or other exfoliants. Do not use any products containing exfoliants.

- 4) **THE DAY OF YOUR TREATMENT**: Remove makeup prior to arrival at the office for your treatment. Depending on the time of day at which your treatment is scheduled, eat a light meal. **We believe you will be most comfortable if you arrive about one hour prior to your treatment at which time we will provide you with mild oral sedation.** If you elect this regimen, you must have someone available to drive you home. If you are certain this mild sedation will not be necessary, you may drive yourself. Thirty minutes before your treatment a topical (surface) anesthetic will be applied to your skin.

- 5) **AFTER YOUR LASER TREATMENT**:
 - i) Do not apply cosmetics for 4-5 days.
 - ii) Do not apply cosmetic remover.
 - iii) Do not apply heat or hot water to the area for 3-4 days. Wash area with cool water.
 - iv) Do not rub area vigorously- pat dry.

- v) Do not use hair sprays, perfumes or any product on or around the treated area for 4-5 days.
- vi) Remove quality bed linens or clothing while the ointment is applied. Aquaphor contains vaseline which may stain.
- viii) Do not pick or scratch the treated area.
- viii) Refrain from smoking.

After the procedure you will be applying a thin layer of post-laser ointment to the treated area in the morning as necessary, during the day and before bedtime. The treated area will darken giving the appearance of a suntan after the post-laser ointment is applied.

Day 1 Begin gently washing the area with Cetaphil cleanser. Some skin will begin to flake off. Apply a thin layer of Aquaphor.

Day 2 Continue washing the area with Cetaphil cleanser. You will notice more brown skin debris washing off. After washing, some treated areas will look red, like a sunburn. This is normal. Apply a thin layer of Aquaphor.

Day 3 Continue washing the area with Cetaphil cleanser. The treated area will look pink. Start 1% Hydrocortisone cream (over the counter) twice daily if you are excessively swollen – **call your physician before applying hydrocortisone.**

Day 4 Continue washing the area with Cetaphil cleanser. Apply a thin layer of Aquaphor or Hydrocortisone (if discussed with your physician).

Makeup may be applied 7-10 days after your laser treatment at which time you can discontinue the aquaphor and resume your regular moisturizer.

*When at home, you may use cool compresses (a tablespoon of white vinegar in 8 ounces of cool water works well) for comfort and take a Tylenol or aspirin if needed. Once this mild discomfort stops, spread a very thin layer of Aquaphor on the treated area.

You may shower the day after the procedure and resume any activities that you feel comfortable pursuing. Expect to be “pink” for 5-7 days, but understand that reactions to the laser are highly individual, and you might take a little less or more time to heal. It is very common to have a “freckled” appearance for several days after the procedure. This disappears as the old skin is shed. **Do not pick at these areas and avoid aggressive scrubbing.**

Some patients experience a mild itching for a few days. The compresses described above will help, as will 12.5-25 mg. of over-the-counter, oral Benadryl. Please remember that this medication might make you drowsy. Do not drive while taking this medication.

FOR ROUTINE QUESTIONS, CALL THE OFFICE WEEKDAYS BETWEEN 9 AND 5. FOR AN EMERGENCY, TELEPHONE ANYTIME, 914-761-8667