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Full Face Laser Post-Op

- **BLEEDING:** Do not be alarmed if that you are bleeding; bleeding and oozing is to be expected. Cleansing your face and using the products that Dr. Taylor has prescribed will speed the healing process for your skin.
- **CLEANSING SOLUTION:** Mix 1 tablespoon of white vinegar with 1 quart of tap water. This solution will last for multiple cleansings. You may keep the solution in the refrigerator to make cleansing more soothing. Wash your face 3-4 times daily; soak non-woven soft textured gauze in the vinegar solution. Place the gauze on your face for several seconds; then gently cleanse crust and aquaphor from the face. Areas which are thicker may need to be soaked longer. Do not pick or scratch skin which does not wipe away with a longer soaking: leave it alone.
- **AQUAPHOR:** Aquaphor is an ointment to help moisturize your skin and maximize the healing process. Reapply Aquaphor ointment to face after each cleansing.
- **SUN EXPOSURE:** Sun exposure should be avoided for three months after treatment. A hat or scarf should be used if it is necessary to be outside for the first four weeks; however, sun exposure should be minimized. Sunblock creams can be used after the second week postoperatively.
- **POST-OP DAYS:** Do the cleansing solution for the next 7-10 days. After 7-10 days, or once Dr. Taylor has instructed you to do so, you may purchase and use theraderm cleanser, RS-OPC gel and theraderm moisturizer followed by sunscreen. (Apply sunscreen two times a day). You should be able to wear make-up after Dr. Taylor has released you to do so. Mineral powder is preferred.
- **SKIN CARE:** Please discuss your skin care needs at each visit.
- **PAIN:** Pain is expected after any surgery. Take your pain medication when needed to avoid any unnecessary discomfort. You must wait until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would endanger yourself and others.
- **SWELLING:** Swelling is to be expected after surgery. Keeping your head elevated will minimize swelling. You should rest and sleep with your head elevated on pillows for 5-7 days. Some of the swelling may take as long as 6-8 weeks to completely resolve.
- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or

green drainage from the incision, fever of 101 degrees (usually accompanied by chills). These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**

If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.

I understand and have received a copy of the post-op instructions

Signature: _____ Date: _____