



THE PLASTIC SURGERY CENTRE

Instructions for Patients Having Laser Resurfacing

2 Weeks Before Surgery

- Avoid all aspirin containing products, all anti-inflammatory medications (ie. Ibuprofen such as Advil or Motrin), all products containing 400 IU's of vitamin E, and all herbal medications. These products can increase bleeding both during and after surgery and may lead to increased postoperative bruising, swelling and recovery time.
- Stop or at least cut down on smoking. Smoking constricts small blood vessels causing delayed healing, increased scarring and increased recovery time.
- Begin taking a multivitamin tablet daily, which can speed healing and shorten recovery time. It is recommended to continue your multivitamin for one month following surgery.
- Arrange for transportation to and from surgery. You must have someone responsible pick you up and remain with you for a minimum of 24 hours. You cannot take a taxi home on your own.
- Make arrangements for care after your surgery. It is recommended to restrict activity for approximately two weeks following surgery. It is advisable to make arrangements for assistance.
- Avoid dental appointments 2 weeks prior to surgery as well as 2 weeks post operatively.

24-hours Before Surgery

- Avoid alcohol and smoking.
- Nothing to eat or drink after midnight the night before your surgery (no water, no gum). If surgery is booked after 12 noon, clear fluids may be allowed up to 6 hours before surgery (ie: black coffee/tea, clear juice, water).
Our nurse will advise you on this when you are given your time for surgery.
- Begin taking your anti viral medications 1 day before surgery.

Day of Surgery

- Wear loose, comfortable, button-up/zipper clothing (ie: jog suit, slip on shoes).
- Leave valuables at home (remove contact lenses, jewelry and piercing of any kind).
- Take any regular prescribed medications (ie. blood pressure medications) with a small amount of water.

After Surgery

- Some pain and nausea can be expected. This can be relieved with anti-pain and anti-nausea medications. Take them as directed. If you are coming from out of town, please have these medications with you.
- Maintain a regular fluid intake during the day, decreasing intake after supper.
- Try to maintain an upright sitting position at all times (ie. 25 – 45 degree angle) for the first 2-7 days post-op. This will assist in the reduction of post-operative swelling and speed healing time.
- **Use cold compress for 72 hours to decrease swelling** (ie. ice cubes or chips in a bowl of cold water with face cloths).
- A thin layer of Vaseline/Aquaphor can be applied to the post-operative area. This is to prevent the operative area from becoming too dry. As the area begins to ooze and crust, increase the amount of Vaseline applied to prevent cracking.
- Rest is important to minimize pain and nausea.
- Begin a light nutritional regime and increase food intake as tolerated.
- Take anti-pain medications with food to avoid an upset stomach. Start taking antibiotic medications post-op

**Call (403) 228-1313 if you have any questions or concerns.
If leaving a message please leave a number**

Post-Operative Day 1

- It is advisable to shower and shampoo daily beginning one day post-operatively.
- Be aware of any unusual swelling or a sudden increase in pain. If either of these are noted, phone the office as soon as possible and continue to maintain a regular fluid intake.
- Be aware of decreased skin sensation. Do not apply excessive heat or cold to the operative areas.
- Do not smoke and rest as much as possible; continue to maintain an upright position.
- A nurse will call you by noon to assess how you are doing. At this time, you will be given further post-operative instructions as well as an appointment for your first post-operative visit.

Post-Operative Days 2-7

- Continue to maintain an upright position and gradually increase your activity level after 7 days post-operatively. As individuals, everyone's post-operative healing phases will differ. Generally speaking, gentle exercise may resume at 10 days with moderate exercise resuming after 3 weeks. It is advisable to abstain from a full exercise regime until 6 weeks post-operatively.

- Approximately 75% of swelling will diminish within 3 – 4 weeks. Any remaining swelling can take from 6 months to 1 year to absorb. Best results are usually not seen until 3 months following surgery. The final stages of healing are usually not complete until 1 year post-operatively.