



PRE & POST-OP INSTRUCTIONS – Laser, Chemical Peel, or Dermabrasion

- **START YOUR PRESCRIBED SKIN CARE PRODUCTS FOUR TO SIX WEEKS PRIOR (if possible) TO YOUR PROCEDURE & STOP AT LEAST 1 WEEK PRIOR**
- Use Prescription Skin Care Products as directed by your physician and explained by your medical esthetician.
- Products are used twice daily to proposed area of treatment. Notify your physician of any adverse reactions.
- Reduce frequency of use as needed. Products are prescription strength and are meant to cause some irritation, peeling, and redness.
- Apply 30 SPF sunscreen in the morning. Medical grade quality is recommended.
- Drink plenty of fluids.
- Remember – Take Valtrex as directed on your prescription.

Post-Operative Evening after Surgery

- Keep your head elevated.
- Apply Aquaphor or Z Medspa Healing Ointment to lasered areas like you would icing to a cake. You do not want any crusting to form in the operative area. If you should see any crust formation:
- Using a clean gauze pad, soak the area with vinegar and water (2 teaspoons of vinegar to 8 oz. of lukewarm water) every 2 hours for 3 to 4 days.
- **DO NOT PICK AT THE CRUSTED AREA.** It must be soaked and then removed.
- Not following these instructions will cause prolonged healing time. Normally you will slough off all skin in 7 days.

Post-Operative Week 1 thru 2

- Spray the face with shower or kitchen sink sprayer for 10 minutes 4-5 times a day
- Pat area dry with a clean towel and immediately apply Aquaphor to any areas not entirely smooth.
- If crusting develops, which normally should not occur follow these instruction:
 - Using a clean gauze pad, apply a solution of 2 teaspoons of vinegar in 8 ounces of lukewarm water to the lasered or peeled areas 4 or 5 times daily. **DO NOT PICK AT CRUSTING.** Leave gauze in place for 10 minutes with each application. Gently pat the areas dry with a clean towel.
 - Immediately apply Aquaphor or Z Medspa healing ointment over the treated areas.
- Day 14 continue using your prescribed cleanser, moisturizer and sunscreen as directed by your physician and medical esthetician.
- Avoid fragrances and/or hair spray.

Week 3 thru 6

- Begin using hydroquinone & SPF 30 Sunscreen products for even pigmentation and protection. Camouflage make up may be used as needed for cover-up. Consult with your Medical Esthetician for thorough instructions.

Week 7 thru 8

- Follow up with the Medical Aesthetician and she will direct you in resuming the appropriate skin care program.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature:

Date: