



SMITA R. RAMANADHAM, M.D.
PLASTIC SURGERY

Post- Laser Treatment Care

The day before:

You may be given prescriptions for:

- **Valtrex: Take this 1 day before the laser treatment and continue for 5-7 days following treatment. This will decrease your risk of shingles which can be activated with resurfacing.**
- Medrol Dose Pack (swelling): follow the directions on the pack.
- Keflex or other antibiotic
- Norco or Tramadol (Pain medications) and Tylenol to control any discomfort. Take 30 minutes after food to avoid nausea

Days 1-6

A mask dressing (Flexzan) will be placed at the time of the procedure. This will be changed 1-2 times during the first 6 days.

Apply bacitracin ophthalmic ointment 3-4 times to exposed areas (eyelids).

Apply non-vaseline ointment to lips if laser was performed in the perioral area.

Minimize facial movements to allow for adherence of dressing.

Swelling is normal and will be significant in first 3 days. Keep head elevated to help for 7-10 days.

You may begin showering the day after your laser resurfacing. **However, keep your facial dressing dry.**

On the day of your follow-up appointment, shower and shampoo your hair and allow water to hit your face and mask. Keep the mask on your face even if loose. This will improve your comfort during removal in the office.



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Days 7-10

After removing the “mask”, Elta MD, a sunscreen, should be applied 2-3 times daily. Avoid washing your face with soap and water. Benedryl can be used by mouth for itching. Do not peel any loose skin. This will cause scarring and pigment changes. Allow the skin to peel on its own.

Healing should take 7-10 days. Once the skin has fallen off, you can wash face with Cetaphil gently and reapply EltaMD.

Makeup can be worn after your appointment with Dr. Ramanadham depending on your healing.

Days >10 days

It is common for your skin to remain red or light pink. This will improve over the following weeks.

It is very important to continue daily use of sunscreen regardless of the weather outside.

If you expect prolonged sun exposure, please wear a hat and sunglasses and reapply sunscreen every 2 hours.

Please call our office immediately with any sign of infection, which would be signaled by fever, increased pain, new redness or swelling in the surgical area.

Expect to be seen in the office at 5 days, 10-14 days, 1 month, 3 months, 6 months, and 1 year.