

ROD J. ROHRICH, M.D.
PLASTIC SURGERY

**LASER SKIN RESURFACING/CHEMICAL PEEL
AFTER CARE INSTRUCTIONS**

PRE-OP

- Two days before your procedure begin Valtrex. The purpose of this medication is to decrease your risk of developing shingles or herpes zoster after your laser treatment. This complication is painful and causes the highest risk of scarring, therefore, Valtrex is mandatory. You will continue this medication for 5 days following the procedure.
- Other medications prescribed are as follows:
 - Medrol Dose Pack, which helps decrease swelling and inflammation. Follow the directions on the pack.
 - An antibiotic to reduce your risk of infection after the procedure.
 - Pain medications and Tylenol to control any discomfort. Take these medications with food or milk to avoid nausea and/or vomiting.

During your stay at the Cloister Hotel, you will begin the following regimen:

1. Apply Alastin Regenerating Skin Nectar 3x per day.
2. Stratamed will be applied using a very thin coat at night only.
3. Eraclea Lip Balm can be used throughout the day.
4. Apply warm compresses 2-3x daily to areas of your skin that may become encrusted, but **DO NOT PICK OR PEEL OFF.**

At Home and until your first post-operative appointment with Dr Rohrich:

1. Use Alastin Gentle Cleanser twice daily. Apply Alastin Gentle Cleanser using your hands only with water to create a soapy effect and gently cleanse the skin.
2. Apply Alastin Regenerating Skin Nectar 3x per day.
3. Stratamed will be applied using a very thin coat at night only.
4. Apply warm compresses 2-3x daily to areas of your skin that may become encrusted, but **DO NOT PICK OR PEEL OFF.**
5. Eraclea Lip Balm can be used throughout the day.

After your first post-operative appointment with Dr. Rohrich:

1. Use Alastin Gentle Cleanser twice daily. Apply Alastin Gentle Cleanser using your hands only with water to create a soapy effect and gently cleanse the skin.
2. Apply Alastin Regenerating Skin Nectar 3x per day.
3. Stop using Stratamed.

4. Begin using ZO Hydrate as needed throughout the day for hydration. This can be purchased through EpiCentre at your initial post op appointment.
5. Spot treat areas using Bactroban Ointment as directed by Dr Rohrich. This is a prescription that our office will prescribe at your post op appointment, if necessary.
6. Eraclea Lip Balm can be used throughout the day.

- Minimize talking and eat a soft diet or drink liquids from a straw for the first few days.
- Most of the major swelling will occur during the first 3 days after surgery. Keeping your head elevated on two or more pillows for approximately 7-10 days will help to minimize the swelling.
- You may begin showering the day after your laser resurfacing.

Specific instructions on use will be given to you at the time of your follow-up visit. You may take Benadryl 25mg tablets as needed every 6 hours for intolerable itching.

- Your skin should be healed 7-10 days following the procedure. At this time you should make an appointment with Dr. Rohrich's skin care aesthetician so you can learn how to take care of your skin. For the first 4-6 weeks following Laserabrasion, your skin will be red and gradually diminish to a light pink color. During this time you may begin applying hypoallergenic cosmetics. You can apply a green cover-up make-up followed by a base make-up to camouflage the redness. Most patients can return to work or activities 10-14 days after the Laserabrasion procedure without any difficulty.
- Please call Dr. Rohrich on his cell at 214-500-4870 immediately with any sign of infection, which would be signaled by fever, increased pain, new redness or swelling in the surgical area.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are a patient, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Rohrich's cell: 214-500-4870
Dr. Rohrich's email: rod.rohrich@dpsi.org
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