

ROD J. ROHRICH, M.D.
PLASTIC SURGERY

LASER SKIN RESURFACING
AFTER CARE INSTRUCTIONS

Pre-Op

- Two days before your treatment begin Valtrex 100mg, 2 times daily. 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.
 - Keflex is an antibiotic to reduce your risk of infection after the procedure. Vicodin/Lortab or Darvocet are pain medications to control any discomfort. Take these medications with food or milk to avoid nausea and/or vomiting.

Days 1-6

- You will have an occlusive, “mask dressing” on your face. This Flexzan occlusive mask will be removed and reapplied 1-2 times during the first 5-6 days after the procedure to allow for maximal healing.
- The mask will remain for 2-3 days, depending on how the skin is healing. Any exposed areas, such as the eyes, should be covered with an ophthalmic antibiotic ointment 3-4 times a day. If laser resurfacing is performed around your mouth, you may use Vaseline ointment on the lips for the first 3-4 days and then switch to Carmex lip ointment until the dry, chapped lips are healed. Minimize talking and eat a soft diet or drink liquids from a straw for the first few days to help the dressing adhere.
- Most of the major swelling will occur during the first 3 days after surgery. Keep your head elevated on two or more pillows for approximately 7-10 days. This will help to minimize the swelling. Most discomfort will be during the first 24-48 hours after your laser skin resurfacing. The discomfort will be relieved by Tylenol or pain medications prescribed by Dr. Rohrich.
- You may begin showering the day after your laser resurfacing. **However, keep your facial dressing dry.** If you develop any tannish-yellow fibrous tissue (scabbed areas) around your eyes or lips, gently soak the area and remove the tissue with a very soft washcloth and reapply Vaseline.
- **One hour prior to your dressing change appointment,** you may remove the gauze wrap or “fishnet” dressing holding the mask in place. **Do not remove the mask.** You may shower and shampoo your hair, allowing the water to hit your face and mask. Please attempt to keep the mask on your face, even if the mask becomes loose. This helps to minimize discomfort while the nurse removes the mask and replaces it.

LASER SKIN RESURFACING AFTER CARE INSTRUCTIONS (continued)

Days 7-10

- After removing the “mask”, Eltra Lite, a moisturizer, will be used 2-3 times daily to reduce discomfort and itching. 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 better 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 apply 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.

It is important to be seen by Dr. Rohrich after your initial post-op checks. He will see you in follow-up appointments at 3 weeks, 6 weeks, 6 months and 1 year post-op. Call to schedule your appointments at UT Southwestern Medical Center office at 214-645-2353 or Dallas Plastic Surgery Institute at 214-821-9114 between the hours of 8:30 – 5:00.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are a patient at one of the facilities below, 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@utsouthwestern.edu

Dr. Rohrich’s website: www.drrohrich.com

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Contact: Marsha Kashata

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