

Barry J. Cohen, M.D., P.C.

Laser Resurfacing/ TCA peel to Face **Post Op Discharge Instructions**

Please review the following discharge instructions and be sure that you understand them. If you have any questions, please contact our office at 301-656-6398.

- DO NOT Pick or pull scabbed areas on face, otherwise, those areas may become infected or scar.
- You may sponge bathe the day after surgery, but do not get the surgical site wet
- You may resume showers 48 hours after surgery
- You can wash your face with a non-perfumed soap such as Dial or Johnson & Johnson
- You will need to apply ointment to your face to neutralize the burning sensation. You may apply as much and often as necessary for comfort. You want a thick layer of ointment.
- You may apply cold compresses to the face for 10-15 minute intervals throughout the day. **NO ICE!** It is normal to have swelling and possible bruising on the face. It is best not to use ice on the face since it is considered heavy and can cause too much pressure.
- You should avoid wearing make-up until the face has healed or until the physician gives you the OK
- You should avoid lifting, pulling, or pushing for three weeks.
- Do not take any medications containing aspirin or Motrin for the first two weeks after surgery
- You will need to increase your fluid intake (i.e. water, gatorade, or gingerale etc.) to help prevent dehydration
- A fiber supplement is needed to help decrease the risk of constipation related to usage of pain medications
- It is very important to walk around the house every hour that you are awake. This will help to prevent blood clots from forming in your legs. You will be given TED stockings the day of surgery. They need to remain on until the evening after surgery.
- If you do not urinate within eight hours after surgery you will need to get a catheter placed to empty your bladder. You will need to come to the surgery center during business hours or go to the nearest emergency room after hours
- Deep breathing every hour while awake to promote full lung capacity. It may hurt to take deep breathes after surgery, but it is essential to help prevent the possibility of pneumonia
- You may eat light foods the day of surgery such as toast, crackers, soup, jello, etc. Greasy foods may cause nausea and vomiting. The day after surgery you may increase your diet as tolerated
- **ABSOLUTELY NO SMOKING!** Smoking will compromise blood flow to the surgical area, which can cause delay in the normal healing process.

PLEASE CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR

- Please note that you may have a low-grade fever related to surgery. If the fever is 101.1 or above please contact the office
- If you are short of breath that is not relieved by sitting in the upright position.

Please contact the surgeon's assistant to make your one week post op follow up.

THE SURGERY CENTER WILL CONTACT YOU ON THE NEXT BUSINESS DAY TO CHECK ON YOUR STATUS AND ANSWER ANY QUESTIONS OR CONCERNS THAT YOU MIGHT HAVE

Patient Signature: _____ Date: _____