

Dr. Murdock's Instructions for Laser Resurfacing

Laser resurfacing and microcoring is a complex procedure with certain inherent risks. If you follow Dr. Murdock's advice and directions, the risk of complications in this procedure is small. Anything that you do against your doctor's advice increases the chances of you having complications.

You will be well informed as to what you can and cannot do during peeling. It will be your responsibility to follow this advice since you will be caring for your skin at home.

There are certain conditions that may require postponement of your laser. You must let us know about these before a procedure is done. These include:

- Inflamed acne lesions
- Open cuts or scratches on your face
- Active cold sores on lips or face
- Any head or neck surgery, including face or eyelid lift surgery within the last 3 months
- Use of Accutane in the past 2 years
- Recent electrolysis
- Recent use of facial depilatory
- Recent facial waxing

In addition, if you are under severe physical or mental stress, it is not a good time for a laser procedure. It is important that you can devote all of your energies to your recovery and are not distracted by other physical or mental needs.

It is extremely important that you do not pick, scratch, pull, or rub your skin after your procedure. If you do, you may damage the underlying new skin and cause scarring or changes in your pigmentation. If, despite these warnings, you pick or rub your skin, you may ruin your results. The doctor may elect not to perform any further procedures on you if there is doubt that you will follow exact instructions.

Please realize that these warnings are for your protection. If you are not sure if you should do something or do not understand the directions, call the office before you do anything. We never think that any questions are foolish or silly.

BEFORE LASER RESURFACING INSTRUCTIONS

No Advil, Ibuprofen, anti-inflammatory agents, aspirin or products containing aspirin should be taken for two weeks prior to surgery and one week after surgery. Vitamin E, echinacea, ephedra, garlic, ginko biloba, ginseng, kava, St. John's wort, and valerian can also promote bleeding and should be discontinued one month prior to surgery. If there are questions pertaining to your medications, please contact your primary care doctor. If you need to take a pain reliever, please take Tylenol.

If you use any retinol or glycolic acid in your daily skin care routine, you may continue this up until the day of your procedure.

Dr. Murdock recommends the following marked medications before treatment:

- ◇ ALASTIN RESTORATIVE EYE TREATMENT: Apply to periocular skin area twice daily until the day of your procedure.
- ◇ ALASTIN REGENERATING SKIN NECTAR: Apply to the area to be treated (periocular or full face) twice daily and the morning of your procedure. This will continue after the treatment as well.

- ◇ CIPROFLOXACIN: Take one 500 mg capsule two times per day beginning *the day prior* to treatment. You will continue to take one 500 mg capsule two times per day for 7 days following laser resurfacing.
- ◇ ZOVIRAX: Take one 800 mg tablet 4 times per day beginning *the day prior* to treatment. You will continue to take one 800 mg tablet 4 times per day for 7 days following laser resurfacing.
- ◇ DIFLUCAN: Take one 150 mg tablet the day before your laser resurfacing procedure.
- ◇ MEDROL DOSE PACK: Take full days' dose in the morning with food. Start on the morning of the procedure.
- ◇ OPHTHALMIC OINTMENT: Dr. Murdock will prescribe Maxitrol or Erythromycin ointment to be used on any surgical incisions AND inside the eyes 3x/ day for the 1st week. You do not need to start this before the procedure, but bring it with you the day of your procedure.

DAY OF THE PROCEDURE

On the day of your procedure, you may shower and shampoo your hair. Men should shave on the morning of surgery. Wash your face, but do not apply any make-up, creams or hair spray. Leave all valuables at home, including jewelry. Wear loose comfortable clothing, specifically an old button-down shirt (no pullovers). Be sure to bring all of your prescribed medications pertaining to your procedure on the day of your procedure. If you are having your procedure at a surgery center, you will be given further instructions to prepare for the day of surgery.

POST LASER RESURFACING INSTRUCTIONS

Following your procedure, the treated area of skin will undergo changes over the following 3-14 days that include: oozing, laser marks, tightening,

the formation of water blisters that may break, crust, turn brown, crack, and then peel off the leave behind fresh new skin.

Use of a mild soap such as the Alastin Cream Cleanser from your kit or Cetaphil skin cleanser gently for 20-30 seconds twice daily as necessary to prevent any infection and remove excess medication, dirt, and debris from the skin. Using baby shampoo lathered with water for the area around the eyelashes is another gentle option for this area. It is not necessary to remove all traces of the balm (Alastin Soothe and Protect Balm or Aquaphor). Lather the soap in your hands and gently pat it onto the treated area, then splash with lukewarm water to rinse, do not use a washcloth. Dry the area by patting it gently with a clean towel.

If you have been instructed to use 3% hydrogen peroxide, (which reduces the chance of getting an infection) use it diluted (mixed half and half with clean water) after washing your face twice a day. Gently dab it onto the treated area with cotton pads or gauze. It will bubble and may turn white. If hydrogen peroxide is too irritating and stings, you can dilute it even more with clean water.

After washing and patting the skin, apply the Nectar first, followed by the Soothe and Protect Balm as instructed, gently and do not rub. You should use the balm as often as necessary to keep your skin from getting dry and cracked, to reduce tightness and increase your comfort level. We would rather you be too greasy than not greasy enough. Do not let your skin dry out; it will pull on the new tissue underneath and may cause red, irritated areas, as well as increasing your risk for unwanted scarring. You may develop occasional whiteheads, experience mild itching and burning during your recovery, this is completely normal and will resolve with time. If you experience a lot of itching, be sure to use plenty of balm. Never let your skin feel dry.

It is very important that your cold compresses during the first 48 hours have a very wet and CLEAN paper towel around each new bag. We do not want dry towels peeling off your skin during this early post-procedure period.

During peeling, think of your dark old skin (which is peeling off) as a bandage that protects the fresh new skin underneath. The longer you can keep this natural bandage in place, the better your resurfacing results will be. You will have some swelling during the first 2 or 3 days after your procedure, longer if you also had a surgical procedure. In extreme cases, your eyes may swell almost closed during the first two mornings. This is a normal response and will resolve on its own, but sleeping with an extra pillow or 2 to elevate your head may help to decrease swelling in the meantime. Use cold compresses to your face as instructed by Dr. Murdock to decrease the swelling.

Vinegar Soaks

After 48 hours, you may apply cold vinegar soaks to the peeling skin:

- ◇ Mix 1 tsp. White vinegar in 1 cup cool water (ice water may feel great).
- ◇ Soak for 10 min, 3-4x a day

Hold any warm compresses to the peeling area until advised by Dr. Murdock. She will advance your skin care routine at each post op visit based on your individualized healing. Make sure you bring all of the creams in your kit for review in the clinic at every visit.

Other tips for success after your laser:

Minimize facial expressions the first day.

Do not pick or rub the treated area as it may produce unwanted scarring. The skin must peel and fall off on its own. If large pieces of peeling skin are loose or hanging from the peeled area, apply more vinegar soaks to that area.

No exercising that causes you to perspire heavily for the first 3-7 days following treatment, this includes the use of a sauna or jacuzzi. No swimming for 2 weeks.

Do not expose your face to sunlight at all during healing. If you have to do some exercise or be outside, you may go out for a walk in the early morning

or late evening when the sun is barely out. After the procedure, sunscreen (Alastin Mineral Sunscreen, Colorescience Sunforgettable Total Protection Face Shield or Brush, Cosmedix Peptide Rich) must be used to protect the skin from the sun AT ALL TIMES OF DAY. You need to use sunscreen even if you are wearing a hat, since the reflected rays may also cause damage.

Tylenol Extra Strength may be taken for pain as directed on the bottle, or your prescription pain medication if given. Remember, with a healthy liver, the maximum daily dose of Tylenol is NO MORE than 4g/ day.

Sleep on your back to avoid rubbing your healing skin against the pillow. Avoid sleeping with dogs in the bed to keep the healing skin clean and free of dog hair.

Makeup may be used 1-2 days after healing is complete, typically 3-7 days after your laser, 7-10 days if you also had a surgical procedure. We will recommend when you can wear it.

If you have unexpected irritation, infection, localized pain, or any skin changes, call the office immediately! Do not wait until your next appointment. Our office will make an effort to call you the day after surgery. If you have any questions or concerns, please call 305-315-5577 or send an email with photos to drmurdockoculoplastics@gmail.com.

Please be sure the technician or nurse has the phone number where you can be reached by Dr. Murdock or Alex during the healing course after your procedure. Our common goal is a pleasant, safe experience with a pleasing cosmetic result.