

MIXTO Co2 LASER POST-OPERATIVE INSTRUCTIONS

Before

• There are several good studies that show prepping the skin pre MIXTO Laser resurfacing will lead to a faster healing and a better result. This will involve a Retin-A product, glycolic acid pads, and Hydroquinone depending on your skin type. These products can be purchased through my office.

• 1-2 weeks before call Anesthesia Services- Sarah Smith- (804) 920-2202, if you are having intravenous sedation.

- Fill prescriptions- allow lead time of 1-2 weeks.
- Buy Large Tube Aquaphor Ointment
- Buy Dial Soap
- Buy Cortisone Cream 0.5% over the counter
- Buy Cetaphil gentle skin Cleanser for sensitive skin
- Buy Cetaphil Body Dry Sensitive Skin Moisturizing cream (in a tub)
- Buy White Vinegar (small bottle)

• You may feel more comfortable with a firm pillow so you can rest your head and not have your face touch anything or a neck pillow so you can sleep on your back. There are a variety of cervical pillows and foam pillows to choose from on Amazon.

• Concealer/ foundation- try to find a “green concealer” it hides the pink discoloration best. Clinique makes a good concealer. Dermablend is also a good concealer. **Do not use a concealer until you are cleared by Dr. Blanchet to use it! Buy the concealer before the procedure!**

3 days before surgery

- Shower daily with Dial soap (or anti-bacterial soap)

Day Before Surgery

- Take 1 tablet Acyclovir at night
- Prepare Vinegar soak- 1tsp white Vinegar to 1 cup cool tap water. Keep in the refrigerator for later
- Do not eat or drink after midnight if you are getting IV sedation

Day of Surgery

- Take 1 Emend or Zofran and 1 Acyclovir, 1 Celebrex with water before surgery
- Use Dial scrub face at home

- 1 hour before your appointment time apply heavy layer of numbing cream- reapply every 30 minutes

- Office will call to let you know when to come in
- Wear loose clothes- a top that buttons in the front

Medicine to take Post Surgery & on Surgery Day

- 1 Acyclovir, 1 Celebrex -1- Duricef AM and PM
As needed Percocet- follow label

Day 1 after surgery

Acyclovir twice a day

Duricef twice a day

Day 2 after Surgery

Acyclovir twice a day

Duricef twice a day

Day 3 after Surgery

Acyclovir twice a day

Duricef twice a day

Day 4 after Surgery

Acyclovir twice a day

Duricef twice a day

Post-Surgery- Care of your face

- Wash area eight times a day (every 4 hours) for **two days** including the nighttime. Wash with Cetaphil Cleanse- treat with vinegar soaks.

- To Soak- Soak a thin washcloth or piece of cheese cloth or gauze in the prepared vinegar soak then lightly ring it & place on your face- sit for 15-30 minutes.

- Put a heavy application of Aquaphor Ointment all over the lasered area.

Repeat for 2 days-

- Day 5 **Switch to** using Cetaphil moisturizing cream instead of the Aquaphor ointment after washing your face.

Do not try to rub off tiny crusts as this can lead facial to scarring. Continue this procedure for washing etc.

Day 3-5 – Dealing with the itch!

- Use Zyrtec during the day- Benadryl at night.
- Use the 0.5 cortisone cream if necessary- it helps the itching but may slow down the healing.

Day 5-8 grid will fall off

- Dr. Blanchet will see you frequently as you heal to check on you and answer questions, so plan to stay in town for a week to 10 days if possible. Please email me with questions and a photo if you have any concerns after your procedure
- Do not go out into the sun while you have any residual crusting or redness on your face. If you must be outdoor for the first few weeks wear a large brim hat and use a New tube of broad-spectrum sunblock with UVA and UVB block of at least a SPF 40 and re-apply every 4 hours.
- After one month or when the skin is it's usual color, you may resume retin A, Vitamin C or glycolic acids- please clear this with Dr. Blanchet first.