

## 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 and are best started well in advance of the procedure if possible.

- Fill prescriptions- Ahead.

- PLEASE Purchase:

Large Tube Aquaphor Ointment, Dial Soap, Cortisone Cream 0.5% over the counter, Cetaphil gentle skin Cleanser for sensitive skin, Cetaphil Body Dry Sensitive Skin Moisturizing cream (in a tub), or purchase ZO Hydrating Cream from my office, 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! But please Buy the concealer before the procedure.**

### 2 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 and cover with saran wrap if possible.

- Office will call to let you know when to come in

- Wear loose clothes- a top that buttons in the front

### Medicine to take on Surgery Day

- 1 Acyclovir, 1 Celebrex -1- Duricef AM and PM

As needed Percocet- follow label

**Day 1 through Day 5**

Acyclovir twice a day

Duricef twice a day

**Post-Surgery- Care of your face**

- ▪ Gently wash (every 4 hours) for **two days** including the 1<sup>st</sup> night. Only wash with Cetaphil Cleanser- 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. This will soothe the skin and help to remove dead cells. More is better until the skin has completely sloughed.
- Put a heavy application of Aquaphor Ointment all over the lasered area.
- Day 5 **Switch to** using Cetaphil moisturizing cream instead of the Aquaphor ointment after washing your face, per Dr. Blanchet’s instructions.

**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 either in person or by email as you heal to check on you and answer questions, so plan to stay in town for a week to 10 days if possible
- Do not go out into the sun while you have any residual crusting or redness on your face. If you must be outdoors 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 retina A, Vitamin C or glycolic acids- please clear this with Dr. Blanchet first.

---

**PATIENT’S SIGNATURE**

---

**DATE**

