

Home Instructions after Skin Resurfacing: Laser, Peel, Dermabrasion

Prior To Skin Resurfacing:

- For best results, use your Retin-A up until the night before the surgery
- On the day of your procedure, come to the office with clean skin only

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- Always wash your hands with soap before performing your skin care!!

- Laser & Dermabrasion Patients with OMIDERM

If we apply Omiderm on your face, you may WASH OFF the bandage in ___ days. Until then, keep your face dry. To wash off the Omiderm, take a warm 10-15 minute shower up to three times a day. Let the warm water gently hit your face. Rub your face with your finger tips in a circular motion to help remove the Omiderm bandage. Do Not use a wash cloth!

After you wash off the OMIDERM, apply Aquaphor and follow the instructions below

- Laser & Dermabrasion Patients with TELFA Bandage

You may remove it in _____ days. In the meantime, apply Biafine three times a day to any non-banded area that has been treated.

TONIGHT- For Peel Patients

- Wash your face gently this evening with a gentle cleanser such as Cetaphil Cleanser or Obagi Gentle Cleanser. Do not use a wash cloth. Very gently pat skin dry.
- After washing, apply : **AQUAPHOR**

- Blue Peel Patients and All LASER Patients AFTER Bandage removal:

TOMORROW

- Wash your face gently morning and evening with the Cetaphil Cleanser or Obagi Gentle Cleanser. Do not use a wash cloth. Very gently pat skin dry.
- After washing, apply: BIAFINE OR **AQUAPHOR**
- Every 4 hours while awake apply Domeboro compresses for 5-10 minutes only. Then reapply BIAFINE OR **AQUAPHOR**
Compresses are made by mixing 1 packet of compress powder with 1 cup water. Refrigerate unused portions for use later that day. Every day make up a new packet.
Pour a little out into a clean container and dunk your gauze in their then pat it on skin.
- If skin feels very tight or too dry, apply Aquaphor Ointment
- If you get itchy, apply Tolureen up to three times a day only to the itchy area
- Take your Valtrex as prescribed to you for the entire length recommended.
- After the doctor feels you are healed well enough, you may apply a moisturizer

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1. Keep skin not too dry, not too moist
 2. Shower with the back of your head to the water then gently, allow the water to hit your face for a couple of minutes.
 3. Sleep on your back
 4. Do not pick, scratch, or peel your skin otherwise you may scar or get infected
 5. Male patients with a chemical peel should shave gently every day, going with the growth of the beard. Do not shave closely. Do not shave on any lasered or dermabraded areas
 6. Avoid exercise or sun exposure until notified by your physician
 7. DO NOT BLOW YOUR NOSE- IF YOU HAVE A RUNNY NOSE- BLOT IT WITH TISSUE THEN WASH YOUR HANDSWITH SOAP AND WATER AND WASH AROUND YOUR NOSE WITH SOAP AND WATER