

PRE-OPERATIVE INSTRUCTIONS FOR IN-OFFICE SCITON CONTOUR TRL

2 WEEKS BEFORE PROCEDURE:

- **Sun Exposure.** No sunburn 2 weeks prior to treatment. If there is sun exposure 2 weeks prior, the patient must report to the provider for observation.
- **Medication Restrictions.** No photosensitive and blood thinning medications 2 weeks prior to treatment. Please alert your provider if you are taking blood thinners and have not received clearance from your prescribing provider to discontinue them 2 weeks prior to your procedure. No Accutane within 6 months of your procedure.

5 DAYS BEFORE PROCEDURE:

- **Retinol.** Please avoid retinol/retinA 5 days prior to your procedure.
- **Review Instructions with Caregiver.** Confirm who will be driving you to and from your procedure and can stay with you for at least 24 hours after. Caregivers must be over 18 years of age.
- **Alcohol.** Do not drink alcohol for 5 days before and after surgery. Alcohol consumption may raise the blood pressure and initiate bleeding.

NIGHT BEFORE PROCEDURE:

- **Arrival time.** Our office will call the day before surgery with the arrival time. If you do not receive a call or for further questions, call the appropriate number below:
 - Utah Facial Plastics: (801)-776-2220
- **Shower.** The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria. Arrive on the day of the procedure with a clean face.
- **Set Up Home Recovery Area.** This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery. Make sure commonly used items are moved to this area where they are easily accessible and within reach.
- **Medication(s).** Take your first dose of Valtrex (Valacyclovir).

DAY OF PROCEDURE (BEFORE):

- **Eat and drink as normal.** Do NOT have any caffeine.
- **Dress Comfortably.** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- **Do NOT** wear any makeup, moisturizers, jewelry, cosmetic creams, hair products, sunscreen, remove all piercings and jewelry.

POST-OPERATIVE INSTRUCTIONS FOR IN-OFFICE SCITON CONTOUR TRL

DAY OF PROCEDURE (AFTER):

- Cold packs may be applied to the treatment area as needed for discomfort.
- Apply a thin layer of Aquaphor immediately after the procedure and every 2-3 hours as needed for discomfort or dryness.
- Sleep with your head elevated to help reduce swelling, especially if treatment is focused around the eye area.
- Your skin will be OVERLY sensitive and warm to the touch.
- Take your medications as soon as you get home (see below).
- ...the day before). If your provider has provided other medications, including antibiotics, please take them as instructed.
- Benadryl 25 mg every 6 hours or non-drowsy antihistamines may be used for itching or swelling.

DAYS 2-7:

- **Soaks.** Soaking not only does soaking reduce redness and speed up healing, but it will also help prevent skin infections. Do not pick, rub, scrub or irritate your fresh skin while it is healing. By soaking you should be able to tell what tissue needs to be removed. If bleeding occurs do not panic, give your skin a break and try to clear remaining debris at the next soak.
- **Soaking Instructions.** Always wash your hands prior to starting to soak. Soak the treated skin using a mixture of water and vinegar (2 tbsp of white distilled vinegar per 8 oz water), for 15 minutes 4 times each day. Wipe off white, yellow, and gray drainage. Apply Aquaphor after soaking.
- **Cleansing.** Gently cleanse the skin in between soaks using a gentle facial cleanser. Remember, do not let skin dry out. Reapply Aquaphor.
- **Sun Exposure.** Your skin will still be VERY sun sensitive and should be covered if you go outside.
- **Medications.** Continue to take medications as indicated.

DAYS 7-14:

- **Cleansing.** Continue using a gentle facial cleanser morning and evening.
- **Recovery Balm.** Apply a generous amount of Alastin Recovery Balm after each cleanse (necessary for dryness).
- **Follow-Up.** You will have a follow-up appointment with your provider and aesthetician to discuss proper long-term post procedure skincare (see below).
- **Make-Up Wear.** Gentle Mineral makeup or your own established cosmetics may resume on day 10 or when peeling is done.
- **Sun Exposure.** Your skin will be EXTREMELY sensitive. If you do go outside, you should wear a high-quality physical sunscreen (included) as well as a wide brimmed hat. To protect the investment, you made in your skin, we strongly recommend you continue the daily habit of high-quality mineral-based sunblock, SPF 30+.
- **Medications.** Finish your medications as indicated (see below).

CONTINUED CARE:

- **Collagen Production.** Your skin will continue to grow new collagen and become more elastic because of the treatment for up to one year. Patients continue to notice improvement in skin quality months after treatment. Our patients report their results in the last 5-8 years after treatment.

- **Skincare.** During the year after treatment, it is the most crucial time to provide your skin with the necessary building blocks for this transformation: retinols, nutrients, growth factors and moisture along with high quality SPF protection.
- **Post-Procedure Care.** Please make regular visits with your esthetician to discuss the ongoing care for your skin and protection of your investment.
- **Diet.** Please remember to take care of your skin from the inside out: eat adequate protein and a healthy diet, ensure that you take regular vitamins including vitamin C and keep hydrated.

MEDICATIONS:

- **Valtrex (Valacyclovir).** Continue taking as directed for 7 to 10 days.
- **Possible Antibiotic.** Take as instructed if an antibiotic has been prescribed by your provider.
- **Benadryl.** 25 mg every 6 hours or a non-drowsy antihistamine may be used for itching and swelling.
- **Pain Medication.** You will be prescribed pain medication for post-procedure pain control. If your discomfort after is not strong you are welcome to take Extra-strength Tylenol in place of the prescribed medication. Do not take Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. Do not exceed 4,000 mg of Tylenol in a 24-hour period. Take medication with food to minimize the risk of nausea.
- **Constipation.** Pain medications may lead to constipation. Any over the counter stool softener such as Metamucil or Colace can be used. Start laxatives with the narcotic pain medications to prevent constipation from occurring.
- **Nausea.** Some pain medication may make you feel nausea. It is best to eat something small 20 minutes before taking pain medication. Keep hydrated with small sips of non-caffeinated beverages (ginger ale, Sprite, Gatorade).
- **Medication to Avoid.** Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, etc.) for two weeks before and after surgery. These medications may increase bleeding.
- **Substances to Avoid.** Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

ACTIVITY:

- **Movement is Important.** Make sure you are up and walking around immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Movement helps prevent blood clots and promotes healthy blood circulation. If you have small children, bend at the knees, or sit on the floor and let them climb onto your lap. Overexertion may lead to bleeding and prolonged swelling.
- **Showering.** When showering, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.
- **Driving.** Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Driving is restricted for 3 – 5 days after surgery. Use good judgment.
- **Physical Activity.** Avoid strenuous exercise and sweating until the skin has healed.
- **Travel.** You will notice increased swelling with airline travel, and this can happen 3-4 weeks out from surgery.
- **Smoking.** Smoking should be strictly avoided as it interferes with the blood supply to the tissues and slows and hinders the healing process.
- **Hot Tubs/Swimming Pools.** No hot tubs or swimming in pools until your incisions have healed, and approved by your provider, which is usually around 4-6 weeks.

WHAT TO EXPECT:

Patient response can vary after a Laser Resurfacing treatment. Laser Resurfacing is a peel whose precise depth has been determined based on your concerns and the condition of your skin. Typically, the depth of the peel is in the dermis (lower layer of your skin). Erythema (redness) and edema (swelling) are the desired responses within a few minutes after the procedure's completion. The degree of redness and length of healing time will increase with the depth of your peel. Your physician has customized your treatment for your skin condition, so some areas may have more sensitivity.

- **Redness.** Redness normally persists for 8 – 12 days depending upon the depth of the peel. This may last for up to 6 months but will usually resolve within 3-6 weeks.
- **Swelling.** Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling (DO NOT USE ICE if you have had a previous FACELIFT surgery). To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. Sleeping on your back with an elevated pillow will also help prevent the creation of prematurely peeling skin.
- **Cold-Sores.** If an antiviral was prescribed for you, continue to take it as directed.
- **Pain & Discomfort.** Post treatment discomfort may be relieved by over-the-counter oral pain relievers; i.e., Extra Strength Tylenol or prescribed pain medication if ordered by the doctor. Oral Benadryl may help itching but can be sedating.
- **Heat.** A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 – 24 hours after the treatment. (DO NOT USE ICE if you have had a previous FACELIFT surgery).
- **Oozing or Seeping.** Oozing or seeping of clear serous fluid (light pink/yellow) may occur if the peel is a deep one. This can last for 24-72 hours depending on the treatment depth. This is a process of skin healing. Your physician has applied an occlusive barrier (i.e., Aquaphor or balm). This barrier may mix with the oozing material and can be dabbed off with clean gauze. Be careful not to rub or scrub the treated area.
- **Peeling & Flaking.** Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION! Gently washing the skin more frequently will help to promote the peeling process.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL:

- **Signs of Infection.** Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, and warmth at incision site. Temperature over 101 degrees Fahrenheit.
- **Medication Reactions.** If you develop hives, rashes or itching you may be having a medication allergic reaction.
- **Other Emergency Situations.** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain not relieved with oral medications, or asymmetric swelling in your legs.

Utah Facial Plastics After Hours Answering Service – (801) 299-7660

APPOINTMENT TYPE	DATE / TIME	LOCATION	PROVIDER/STAFF
Procedure:			
POD 1:			
POD 2:			
POD 3:			
POD 5:			
POD 7:			
POD 10:			
4-week follow up:			
6-month follow up:			



Laser Resurfacing Aftercare Soaking Instructions

Your procedure has removed your skin's protective barrier. The delicate tissue needs protection and help with healing. For the best results follow these post procedure instructions. If there are questions or concerns in the days or weeks following the procedure, please call our office at 801-776-2220.

Things to Have Ready Prior to Procedure

- Prescriptions
- Cleaning Supplies
- NEW Aquaphor
- One-gallon Distilled water
- White distilled vinegar (2 cups vinegar to 1 gallon)
- Clean washcloths, paper towels or gauze

Prior to Procedure

Take your medications as prescribed.

Start Antibiotics and Valtrex

Take provided Valium 30 mins prior to procedure and bring remaining tablet (In Office ONLY)

If instructed to numb topically apply to ALL treatment areas 1 hour prior to appointment.

Post Procedure Care

- Immediately following your procedure- A layer of Aquaphor and a cooling mask will have been applied, once home remove the mask, wash your face and apply a fresh coat of Aquaphor.
- On the day of your procedure the primary goal of aftercare is to keep skin coated with Aquaphor and rest. Vinegar soaks may be started today but are not mandatory until POD #1.
- Sleep with your head elevated to help reduce swelling, especially if treatment is focused around the eye area.
- Your skin will be VERY sensitive and warm to the touch. Fresh Aquaphor will ease discomfort and pain medications are available if needed.
- Continue your medications as prescribed.

Day 1-14 Aftercare

Continue to take medications as indicated. Attend ALL post op appointments in the office as scheduled.

Vinegar Soaks and cleansing your skin as instructed.

*** Always wash your hands prior to starting soaks. Soak the treated skin using a mixture of water and vinegar (2tbsp of white distilled vinegar per 8 oz water), for 15 minutes. Wipe off white, yellow, and gray drainage. Apply a fresh coat of Aquaphor after each cleaning.

Do not let skin dry out. Reapply clean Aquaphor to treated area (Aquaphor should be kept on skin at all times, except when cleaning).

Your skin will still be VERY sun sensitive and should be covered if you go outside.

Day 2-5 following treatment

****The greatest amount of peeling tends to occur between days 3 through 5. DO NOT PICK YOUR SKIN! Some pinpoint bleeding may occur at this point due to the peeling. This is normal and should cause no concerns. Reapply Aquaphor liberally for moisture, and to ease the dryness due to the peeling. Continue soaks and gentle debridement.**

Day 6-14 following treatment

Be sure to finish all medications as prescribed.

You will have a follow-up appointment with your provider and aesthetician to discuss proper long-term post procedure skincare.

Continue skincare as instructed.

Apply a generous amount of a high-quality moisturizer morning and evening, if severe dryness continues Aquaphor as needed.

Gentle Mineral makeup or your own established cosmetics may resume after day 14 or when peeling is done.

Your skin will be VERY sensitive. If you do go outside, you should wear a high-quality Physical sunscreen as well as a wide brimmed hat. To protect the investment, you made in your skin, we strongly recommend continued skincare.

Continued Care

Your skin will continue to grow new collagen and become more elastic because of the treatment for up to one year. Patients continue to notice improvement in skin quality months after treatment.

The year after treatment is the most important time to provide your skin with the necessary building blocks for this transformation: Skincare routines are important for long term results: retinols, nutrients, growth factors, moisture and high-quality SPF protection.

Please make regular visits with your esthetician to discuss the ongoing care for your skin and protection of your investment.

Please call us if you have any questions about your aftercare at (801) 776-2220. If you need to reach us after normal clinic hours, please reach out to your provider via the after-hours hotline at (801) 299-7660.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING

- Fever of 101-degree F or greater
- Pain not relieved with pain medication or increasing in intensity.
- Swelling, redness, bleeding and or foul drainage from an incision site
- Persistent nausea and/or vomiting
- Increased burning or itching