

Postoperative Instructions

eCO2

Immediately After

Avoid direct sunlight to the face, walking from the practice to the car.

Turn on the air conditioner and aim it at your treated area on the way home.

If you have glasses, place a piece of gauze between the bridge of the nose and the glasses to avoid irritation to the treated skin.

2-4 hours

You can take an analgesic (i.e. Acetaminophen) for discomfort. We will provide your with a prescription for pain medication. If you are taking the prescribed pain medication, do not take any additional pain medication.

You can apply cool compresses to your treated areas but avoid direct contact to the skin. You should have some type of cloth between the cooling agent and the skin.

You may blow air from a fan to help with the cooling process.

When intense heat subsides, start cleansing with your SkinCeuticals Gentle Cleanser; apply a light coat of Vaseline to the treated areas post cleansing.

First night

Sleep on your back, with the head slightly elevated and continue this every night until swelling subsides.

Place a towel over the pillow to protect the pillow from the Vaseline and possible drainage.

If you are experiencing irritation to your eye, you may use an eye lubricant such as Systane™ or Lacrilube.

After cleansing the treated area with Skin Ceutical Gentle Cleanser and cool water you can use an additional disinfectant t (1-3 teaspoons of vinegar in one quart of distilled water which can be gently applied to the face with gauze pads 3 – 4 times day). Followed by a few drops of Skin Ceuticals CE Ferulic and then light coat of Vaseline.

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First day after

We strongly recommend that you stay indoors and avoid direct sunlight.

You can start taking a lukewarm shower and wash your hair. Be careful not to let the shower water hit the treated area. This can force off the skin and lead to scarring.

After cleansing the treated area with Skin Ceutical Gentle Cleanser and cool water you can use an additional disinfectant t (1-3 teaspoons of vinegar in one quart of distilled water which can be gently applied to the face with gauze pads 3 – 4 times day). Followed by a few drops of Skin Ceuticals CE Ferulic (apply twice a day morning and evening) and then light coat of Vaseline.

You should never rub or massage the treated area as this can lead to scarring. Always gently apply water and cleanser with fingers to the treated area to avoid forcefully removing the flaking, peeling skin.

Day 2-4

Continue the cleansing regime as above.

Itching (particularly along the jaw-line) tends to begin on this day. Hydrocortisone 1% OTC and oral Benadryl may reduce the itching. Intense itching or pain may indicate infection and your doctor should be notified.

Day 5-7

Continue the cleansing regime as above.

Your itching has usually subsided by this point.

Vinegar/water solution can be stopped at day 5.

Day 7+

You will receive a post care laser recovery kit at your follow up visit customized for your treatment.

Vaseline applications at this time are to be stopped.

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Morning routine

- I. Continue cleansing face with our Gentle Cleanser.
- II. Apply a few drops of CE Ferulic followed by a few drops of Phytocorrective Gel.
- III. Apply a light coat of Epidermal Repair
- IV. Apply a light coat of Sheer Physical/ Physical Fusion SPF 50.
- V. Make up may be applied at this time.

Evening routine

- I. Continue cleansing face with our Gentle Cleanser.
- II. Apply a few drops of Phytocorrective Gel.
- III. Apply a light coat of Epidermal Repair.

General Information

Eat a healthy diet rich vitamin C, D and essential fatty acids (Omega 3), minerals, and proteins.

Drink 2-4L of water every day.

Avoid alcohol.

Avoid exercising until face is healed. Any type of exercise that might raise your blood pressure should be avoided. Leisurely walks are ok, but no work-outs. At 2 weeks you can start your exercise program slowly.

Avoid environmental irritants during the healing process (i.e. Dust, dirt, sun and hairspray).

Avoid exposure to excessive sun for the first 6 months if possible. Hat or clothing must be used to protect the treated areas.

Vaseline and serums can be kept in fridge for soothing purpose

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For all surgeries, we see patients on the following schedule:

- 1 week with nurse
- 6 weeks with nurse and Dr. Howley
- 6 months with nurse for after pictures
- Whenever needed

A pre and post skin care treatment is complementary to your procedure. This will be done by our Skin Care Specialist Lisette a few days prior and at the 6-8 week mark. These treatments will prepare the skin before the procedure and help assist with the healing process.

Our on-site Clinical Aesthetician will be assisting and serving you throughout the process: DERMAK Aesthetics.