



## PATIENT INFORMATION AND INSTRUCTIONS Laser Resurfacing using Mixto SX Fractional CO2 Laser

### WOUND CARE

1. Immediately after treatment you will experience a mild burning sensation on the skin that usually lasts between 30 minutes to 3 hours but can persist for the entire first day.
2. During the first day and night of your treatment you may have discomfort and swelling. Take extra strength Tylenol or we may prescribe a pain medication ( i.e. Vicodin, Tylenol #3 or Darvocet). Take the medicine with food. If you wish to take medications before the procedure to calm your nerves or to minimize sensation during the procedure, please arrange to have someone drive you home. We will provide the pre-treatment medications for you in the office prior to your procedure. You may also want to take Benadryl at night, since this will help to minimize swelling and help you to sleep as well.
3. In the first 24-48 hours, it is common for the treated areas to swell. Try not to be alarmed as this will subside. Apply cold compresses or ice packs comprised of crushed ice or frozen peas (for 10 minute periods) to ease the swelling. Also try to stay elevated whenever possible to allow gravity to reduce swelling. Remember that in the course of the first couple of days, your swelling will gravitate downwards, so if your cheeks are swollen one day, the next day, the swelling will have subsided in the cheeks, but now you will see the swelling in your jaw area or neck. Also, as mentioned above, oral antihistamines such as Zyrtec, Claritin, Allegra, and Benadryl will help. Benadryl is beneficial at night time because it makes most people drowsy.
4. Treatment to the facial area will result in an appearance similar to a darker tan/ sunburn for the one to five days, depending on the level of treatment. A fine scab will be formed by the skin but do not be concerned as this promotes the healing process. Please do not pick the scabs!
5. Redness may persist up to 2 days. In 3-4 days your face will get darker, and then near the 5<sup>th</sup> day peel. On the fifth day, makeup can be applied. More intense treatments can take up to 7 days for recovery.
6. Wash using a mild soap such as in Cetaphil gentle cleanser. Wash the treatment area everyday and apply mupirocin ointment (which will be prescribed for you) to the treated sites and lips 4 times a day. Also apply the prescription topical steroid twice a day. It can be applied the same time the mupirocin ointment is applied, in whatever order you choose. Do not rub the ointment into the skin aggressively – gently spread it on your skin. Avoid hot water. If you wish, you can mix 1 cup of water with 1 teaspoon of white vinegar, and using gauze, soak the areas of your face with the wet gauze for 15 minutes instead of washing your face. If the vinegar soaks sting, try diluting the vinegar more: 2 cups water mixed with one teaspoon of vinegar. Do not pick at or use aggressive scrubbing of the exfoliating skin. If possible, allow the peel to come off naturally during your normal gentle washing process. You may discontinue the application of mupirocin ointment when the dark brown areas have peeled off on their own. On the areas where you have peeled, begin to apply moisturizer, such as Cetaphil or Cerave lotion or cream– you will notice that you need to apply a moisturizer often, as your skin will feel very dry.