

Post-CO2 Laser Resurfacing Instructions

Clinic Phone Number: (801) 449-9990

Supply List

- Distilled Water, 1 gallon
- White Vinegar, 1 cup
- Vaseline- a larger amount such as one “tub”-sized container
- 1% Hydrocortisone cream (might not need)
- Cetaphil, CeraVe or GCP post procedure cleanser
- Cetaphil, CeraVe or Zerafite Soothing moisturizer

How to make Vinegar Wash:

- First, keep the Vaseline and Distilled water in the refrigerator so that it is cool- that will be more soothing
- From your distilled water container, empty 1 cup of water into a very clean container. Add 1 tablespoon of white vinegar to the cup of water. Keep this in the refrigerator.

What to Expect

- Oozing from the treated area for approximately 48 hours. Do not rub or scratch the treated areas.
- Maximum discomfort should occur in the first few days, improving each day
- Swelling, tightness, and tenderness of treated area for 10-14 days.
- Residual redness lasting 6-12 weeks.

Caring for your skin after laser treatment:

- **Key concepts- the key to caring for lasered skin is the FREQUENCY of cleaning, and *not the intensity* of any one given cleaning session. Do not overly rub the skin raw that will be counter-productive to optimal healing.**
- **Instead, frequently cleanse the area with the vinegar and water solution. If you find the vinegar-water mix too irritating then just clean with pure distilled water, and then only use the vinegar-water solution 2-3 times per day.**
- **Keep treated areas covered with Vaseline or Post Laser Balm**
- The area that has been treated will be covered with Vaseline. Uncovered areas are more likely to be painful so please make sure you continue to put on Vaseline as needed. Your body temperature can make the Vaseline “melt” requiring more frequent application

- You must shower daily. Do not apply soap to the treated area, but you should allow lukewarm water to run over it to rinse. Wash your hair with a mild shampoo.
- The treated area should be cleaned several times per day, could be up to 5-8 times daily, with your pre-made vinegar & water solutions and gauze pads. **Face should be completely dry before re-applying Vaseline. Do not let resurfaced area scab, or crust.** Follow this regimen until Dr Mobley or a member of his staff instructs you to stop.
- Stay out of the sunlight, this can cause scarring or hyper or hypopigmentation
- Do not apply make-up until cleared by Dr Mobley
- You may apply sunscreen 2 weeks after the procedure.

First Night:

- Sleep with head slightly elevated
- Place paper towel over pillow to protect from ointment/cream
- If experiencing irritation to eye, may use an eye lubricant (eg Systane)

Day 1 (First day after treatment):

- Avoid direct sunlight and excessive heat
- Begin cleansing area as directed with pre-made vinegar solution and gauze pads.
- May take tepid shower and wash hair with mild shampoo
- Re-apply Vaseline or Post Laser Balm to treated area as needed (ensure skin remains constantly moist)

Day 2:

- Swelling should subside and skin may bronze and feel gritty
- Itching (particularly along the jaw-line) tends to begin on this day
- Continue applying Vaseline or Post Laser Balm (and cool compresses, if needed)
- Continue cleansing area with pre-made vinegar wash and gauze pads.
- **For extreme itching, hydrocortisone cream (OTC 1%) may be applied- however, please CALL Dr. Mobley BEFORE starting this.**
- AVOID picking and/or scratching

Day 3:

- Continue cleansing area with pre-made vinegar wash and gauze pads.
- Itching may persist
- Continue applying Vaseline or Post Laser Balm

Day 4-7

- Itching has usually subsided
- Continue cleansing area with pre-made vinegar wash and gauze pads.
- Continue applying Vaseline or Post Laser Balm (and cool compresses, if needed)
- AVOID picking and/or scratching
- **We will let you know if you can stop the Vaseline application at your one week follow up visit.**
- **Do not apply make-up until cleared by Dr Mobley.**

Day 8-12

- Itching has usually subsided
- **If you develop a red or “pustular” rash, immediately contact our office. This can be a sign of a topical yeast infection and requires prompt treatment with oral medications.**
- Typically around Day 10 is when you can stop or decrease the Vaseline application and move to Cetaphil or other bland medium thickness facial moisturizer. We will assist you in product selection.
- Around Day 10 you will no longer need to use the vinegar-water washes and a gentle facial cleanser is more appropriate. After approval to stop Vaseline, you may wash the treated area with Cetaphil, CeraVe or other gentle foaming type skin cleanser.
- AVOID picking and/or scratching

Day 7-28

- Continue appropriate moisturizer until skin has hydrated back to its normal level (3-4 weeks)
- May start regular skin care program as long as treated area is healed (no exfoliation)
- May use a non-irritating sunblock (SPF 30+) and use mineral make-up (powder) to protect treated areas – If approved by Dr Mobley (Do not use liquid foundation as it may clog pores and irritate new skin)
- Avoid exposure to excessive sun for up to 4 weeks (hat or clothing must be used to protect treated areas)
- May return to exercise programs

4 Weeks

- Make an appointment with Dr. Mobley’s RN/ Master Aesthetician to go over your (potentially) new or modified ongoing skin care regimen to maintain best results.

Pain Management:

- Dr. Mobley will prescribe you a narcotic Pain Medication to help control your pain after surgery. They will explain in detail how and when to use them. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let them know in advance, so they are able to give you a more compatible pain medication prescription.**
- **Tylenol is the ONLY over-the-counter pain medication you are able to take after surgery for seven days. No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.**
- Common side effects of narcotics include:
- Constipation: Take stool softeners (MiraLax,) increase fluids and walk more.
- Nausea: Decrease narcotics, use a suppository, and take medication with food.
- Loss of appetite: This will improve over time and once you stop taking the narcotic.
- Sleepiness: This will improve once you stop taking the narcotics.

When to Call:

- **Dr. Mobley's cell is 801-230-2725 should more urgent concerns arise.**
- Please call the office with any concerns at 801-449-9990. We would prefer to be notified if a problem arises to ensure the best possible outcome
- Call if you have pain not relieved by prescribed medication or side effects to medications such as rash or vomiting.
- If you have an oral temperature above 100.4 degrees
- If you have a medical emergency, please call 911

Return to work:

In most cases you will be able to return to work in the broad range of 4-14 days after your laser treatment based on how many areas were treated, intensity of treatment and how you heal. Each patient is different in their healing process, so this can be discussed at one of your post-op appointments. A return to work form can be given to you at that time.

Signature: _____ Date: _____

ON-CALL POLICY

- Dr. Mobley is in solo private practice. This arrangement ensures many benefits for patients, such as a very customized office surgical experience. Every effort is made to be available to patients as much as is humanly and reasonably possible but no one doctor could himself be available to every patient 24 hours a day, 365 days per year. Dr. Mobley maintains several on-call relationships with doctors in the valley including Scott Haupt, MD, John Bitner, MD, Scott Thompson, MD, Lucy Barr, MD and Dr. Benjamin Dunkley. Dr. Mobley is also a member of St. Marks Hospital. Dr. Mobley is also a clinical adjunct Assoc. Professor of Surgery at the University of Utah Hospital and has a close relationship with Dr. Eric Cerrati.
- If you were to experience a serious concern after business hours or on the weekend, you should first try contacting Dr. Mobley. In most cases, he will be able to assist you via his cell phone but if he is out of town and you need to be seen in person, it is very likely that one of the doctors mentioned above would be available to assist in your care. The after hours "emergency" number is 801-989-7407. After that, your options would include going to the emergency rooms of St. Mark's Hospital, or the University of Utah Hospital, all of which should have an otolaryngologist and/or a plastic/facial plastic surgeon on call who can provide proper emergency / urgent medical care. If your home is more than a few hours from Salt Lake City, you may wish to contact a local ENT surgeon or facial/plastic surgeon rather than traveling to Salt Lake City.
- **IN THE CASE OF A LIFE-THREATENING EMERGENCY, YOU SHOULD PROCEED DIRECTLY TO THE NEAREST EMERGENCY ROOM RATHER THAN TRYING TO CONTACT DR. MOBLEY OR ANY OF HIS ASSOCIATES AND THEREBY DELAYING TREATMENT.**

With over a decade of experience, Dr. Mobley has found that true on-call emergencies are fortunately few and far between. The purpose of this policy is to inform you that every effort will be made to connect you with Dr. Mobley in the rare event of a true on-call emergency. If Dr. Mobley is unavailable, you should have confidence knowing that there are several different options for you to pursue, including seeking care in an emergency room. The chances of any one patient needing this care are quite small but in healthcare there is no such thing as zero risk, so we provide this information to you with full transparency.
