



MOBLEY MD

Facial Plastic Surgery
Skin Care & Aesthetics

**Post-Laser (Cortex Fractional CO2
Resurfacing Instructions**

Clinic Phone Number: (801) 449-9990

Caring for your skin after laser treatment:

- Avoid direct sunlight and keep skin moist and cool to aid healing
- Apply a thin layer of Post laser balm to the laser areas three times a day
- Avoid dryness and excessive heat (no cooking or rigorous exercise during healing process)
- Stay hydrated, eat healthy foods and avoid alcohol
- Redness and a sunburn-type sensation normally lasts several hours
- Neck redness is more persistent and will usually last several days longer than face redness
- Face will normally bronze and peel within 3-5 days (Note: skin below neck normally requires up to 2 weeks to bronze and peel)

Day of treatment:

- Keep treated areas covered with topical ointment/cream (Post Laser Balm) as instructed by physician
- Apply cooling compresses (eg, bag of frozen peas or wet paper towels frozen in Ziploc bag) Note: do not apply ice directly to skin and do not use towels as detergents may irritate skin
- If desired, you may use the Elta MD “Post-Laser Spray” using it 2-3 times per day as gentle cleanser. The routine would be cleans, spray, then balm for the first 3 days.

Immediately after your laser treatment you will probably feel like you have been sunburned and the treated area will be very red. Your skin will be cleaned and a special post laser cream will be applied to the treated area. The doctor may recommend applying ice packs or cold compresses to your skin post treatment for comfort. This sun burned feeling may last for a few hours.

When you arrive home it will be very important to drink plenty of fluids and rest. Avoid any strenuous activities or exercise the first week since increased redness may occur with activities that stimulate blood flow or increase body temperature. Alcohol consumption and sauna baths should also be avoided for the same reasoning.

You should expect to experience some oozing from the treated area for approximately 48 hours. Do not rub or scratch the treated areas. Use clean, soft cloths to blot away any exudates as necessary and then reapply the special laser cream with cotton swabs.

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 washing face as needed with tepid water and gentle cleanser
- May take tepid shower and wash hair
- Re-apply 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 balm (and cool compresses, if needed)
- Continue washing face with gentle cleanser and tepid water
- For extreme itching, hydrocortisone cream (OTC 1%) may be applied
- AVOID picking and/or scratching

Day 3:

- Facial skin should begin peeling between days 3 and 5
- Continue washing face with gentle cleanser and tepid water
- Itching may persist
- The central aspect of the face should begin to exfoliate today leaving behind soft pink tissue
- Continue applying balm, especially on sides of the face by hairline

Day 4-7

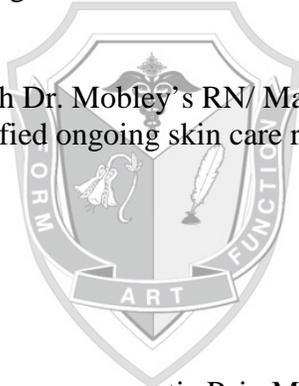
- Itching has usually subsided
- May start more aggressive washing with fingertips to promote further exfoliation (do not pick)
- If using an occlusive balm, may transition to a post-laser Enzyme-Gel or light-weight hydrating lotion (i.e. Cetaphil).. You can spot-treat drier areas with the balm that may still have some rough skin with occlusive ointment
- Use non-irritating sunblock SPF 30+ with zinc oxide (7-9%) and/or titanium dioxide when going outside
- May apply mineral make-up (powder)

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)
- Continue applying non-irritating sunblock (SPF 30+) and use mineral make-up (powder) to protect treated areas (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.**
- 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.

Return to work:

In most cases you will be able to return to work in 4-10 days after your laser treatment. 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.