



**Cosmetic & Plastic
Surgery Institute**
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LASER RESURFACING
RECOVERY INSTRUCTIONS

Patient: _____ **MR#** _____

Laser date: _____

1. You will leave the office with antibiotic ointment on your face.
2. Remember to take your antibiotics and antivirals as directed DAILY.
3. The first three days, gently add Bacitracin ointment to face throughout the day to keep face covered with ointment. (If your eyelids were also resurfaced, then you may use Gentamycin ointment on your eyelids)
4. After the third day, apply Aquaphor moisturizer to the face through out the day; still use Bacitracin ointment once at night prior to bed and once in the morning.
5. On the morning of day 4 you may gently wash the face with luke warm water and a mild soap called Cetaphil, two times a day, once in the morning and once prior to going to sleep.
6. Avoid “picking at” and aggressive scrubbing of the exfoliated skin – allow it to gently exfoliate during the washing process.
7. Sleep with head elevated on pillows (head above the heart) for the first three nights following resurfacing to minimize swelling.
8. Avoid direct sun exposure. Apply sun block SPF 30+ when skin has healed starting two weeks following surgery.
9. Wear a protective hat or visor the first 2 weeks while outdoors.
10. Avoid dirty, dusty environments, hairsprays, perfumes, make-up for two weeks following surgery.
11. One week after laser treatment, please come to the office for the doctor to check your skin.
12. Avoid topical exfoliants for 6 weeks following surgery.
13. One month after laser resurfacing, you will restart hydroquinone topical therapy for one month.

Date: _____ Patient: _____ Instructed by: _____