

Post CO2 Laser Resurfacing Instructions

GENERAL EXPECTATIONS

- It is normal to experience redness, swelling, dryness, darkening of the skin (brown patches), rough skin and textural changes, feeling of tightness of the skin and possibly small white bumps on the skin. All these skin changes will subside over time.
- Avoid direct sunlight and keep skin moist and cool to aid healing.
- Avoid environmental irritants during healing process (eg., dust dirt, aerosols, cleaning agents, pets)
- Avoid dryness and excessive heat
- Avoid any vigorous exercising for 2 weeks.
- Stay hydrated, eat healthy foods and avoid alcohol and cigarette smoke.
- Please follow the prescriptions given to you: please start the oral antivirals (Famvir) the day before treatment and the oral antibiotics the day of treatment
- You will also have an antibiotic eye ointment for the skin and eyes on the day of treatment

FIRST NIGHT

- Sleep with your head elevated.
- Use a clean pillow/pillow case

DAY OF TREATMENT (Day 1)

- Rest your eyes. Put ice cubes in a bowl of water and soak two clean wash cloths in it, and drape it across your eyes. As soon as it warms up replace it with an ice cold one (every 10 minutes).
- DON'T put ice directly on the skin
- You may remove crusting with a clean wash cloth and cool water immediately after surgery if necessary, but it is better to merely let the ice water compresses wash off any blood or crusting without any mechanical action. Hands must be washed first.



ZO® POST PROCEDURE RECOVERY SYSTEM

The ZO® Post Procedure Recovery System is the most effective program for post-procedure skin management. This system is designed for use after laser resurfacing procedures, chemical peels or any combined ablative treatment. The three products are formulated to synergistically deliver the most advanced technology available to protect and soothe skin while natural re-epithelialization of the skin is completed.

ZO® Post Procedure Recovery System – DIRECTIONS FOR USE

Days 1-5

- Cleanse the treated area gently with a ZO® Cleanser AM & PM. Pat dry.
- Apply Surfatrol™ compresses every 2-3 hours or as needed. Dissolve one packet of Surfatrol™ in 12 ounces of water. The solution will be used throughout the day. Pour about one ounce of the solution into a small clean cup. Cover remaining solution to be saved. Dip clean gauze in the one ounce solution and press/pat wet gauze over the treated area using firm pressure for 1-2 minutes (pressure will help reduce swelling and oozing and will also help prevent scabbing.)
- Apply a thin layer of Pomatrol™ all over the treated area, only three times per day; after using Surfatrol™ as a compress. Avoid applying excessive amounts as it can lead to premature peeling and slower healing. Make sure that skin does not become too dry or too lubricated.
- Revitrol™ should be applied immediately after Pomatrol™; and whenever skin feels dry throughout the day.
- The two preparations (Pomatrol™ and Revitrol™) should last you through the healing period (7-8 days)

Days 6 and until skin is completely healed

- You will continue steps 1, 2 and 4 as described above
- Pomatrol™ will no longer be used and will be replaced by Revitrol™
- Revitrol™ can be applied more liberally and more frequently
- Each application should be gently massaged until absorbed

Program Content:

Surfatrol Astringent Solution Powder:

Part of the ZO Post Procedure Recovery System, Surfatrol Astringent Solution Powder packets provide soothing, effective relief from irritation by forming an invisible skin barrier to help protect compromised skin and help minimize increased water loss.

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Revitrol Epidermal Repair Crème:

This advanced, dual-purpose formula delivers essential hydration and calming for post-procedure, compromised and severely dry or irritated skin. It also supports the skin's natural regenerative process for skin renewal and improvement in the appearance of fine lines and wrinkles. The formulation's rich hydrators replenish lipids and restore the skin's barrier while branched beta glucan helps reduce the appearance of redness.

In cases of emergencies after hours, please text or call the on-call nurse at (647) 680-7718. If you do not get a response back within 20 min, please go to your closest hospital or emergency room. Please do not call the on-call nurse for routine questions such as scheduling. If you need to change an appointment please call our office during regular business hours at (416) 962-5005 or email us at info@torontoeyelidsurgery.com

Return appointment on: _____ **at** _____