



SKIN RESURFACING DISCHARGE INSTRUCTIONS

Name _____

Date _____

General Expectations:

- Avoid direct sunlight
- Keep skin moist and cool to aid healing
- Avoid environmental irritants during healing process (eg, dust, dirt, aerosols, cleaning agents)
- 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 antibiotic ointment as instructed by physician
- May take an analgesic for discomfort (Tylenol or Motrin)

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

Day 1:

1. Apply the vinegar soaks and ointment to the resurfaced areas every two hours while awake. Vinegar soak recipe:

Mix 1 tablespoon of distilled white vinegar with 1 cup of chilled water. Use a sterile gauze to apply the solution to the resurfaced skin. Dry the skin using a clean gauze.

2. Apply Bacitracin ointment over the resurfaced areas once daily.

Day 2 -3

- Swelling should subside and skin may bronze and feel gritty
- Itching tends to begin on this day
- Continue applying vinegar soaks & ointment
- Continue washing face with gentle cleanser and tepid water
- AVOID picking and/or scratching

Day 3 - 7

- Facial skin should begin peeling
- Continue washing face with gentle cleanser (e.g. cetaphil) and distilled water
- Itching may persist; take oral benedryl at bedtime
- Continue applying vinegar soaks & ointment for comfort; transition to gentle lotion (e.g. cetaphil as soon as it does not burn) and non-irritating SPF 50+.

One Week to Two Months

- Avoid any skin products that contain acids or Retinol/Retin A
- Once the skin is healed, usually after day 7-8, continue to avoid direct sunlight to the resurfaced area as much as possible. Wear Sunblock every day and reapply if outside.

Your post-operative appointment is scheduled for _____
36 W Yokuts. Call or Text Dr. Cockerham if you have any questions or concerns
(cell 650-804-9270)

Patient's Signature _____ Date/Time _____

Physician's Signature: _____ Date/Time: _____