

**ASSOCIATES IN PLASTIC SURGERY, INC.**  
**LASER RESURFACING, CHEMICAL  
PEEL AND DERMABRASION**

**OUT-PATIENT SURGERY  
POST OPERATIVE INSTRUCTIONS**

1. Use your medication as ordered
2. Call your doctor if you notice any excessive swelling, bleeding or soreness.
3. It is important that you stay quiet and do little talking for the next 24 hours, as excessive activity may cause increased bleeding to occur.
4. Sleep on three or more pillows for the next couple of days. This will help decrease swelling and soreness. Elevating the affected area will be less helpful to you after the first few days after surgery. If you are unable to rest comfortably in an elevated position, then assume whatever position will allow you to rest. Rest is important.
5. You may drink liquids when you arrive home. Use a flexible straw for drinking. By evening you may have a light meal. It should be a soft diet which requires no strenuous chewing.
6. Keep the lasered, peeled or dermabraded area dry. If the area is near the mouth, be sure to keep the area clean and free from food particles.
7. Do not use makeup, creams or even water on your face until instructed by the doctor.
8. You may use the sponges you have been given to dab the occasional oozing which may occur.
9. Do not drink any alcoholic beverages (beer and wine included) for 48 hours, or until no longer taking narcotic or sedative medication. They do not mix with anesthetic agents and may make you very sick.
10. Do not drive your car or do anything that requires your coordination for 48 hours. The medication and/or anesthetic agents may interfere with good judgment.
11. Do not smoke.
12. Until further notice by your doctor you are to avoid the sun. Wear wide brim hats or cover your face with a scarf when coming to the office for your visits. Avoid over heated rooms and getting over heated from too much activity.
13. Patient must not be left alone for 24 hours.
14. Do not hesitate to call the doctor's office at 491-3535 if you have any questions about your surgery. The nurse will be glad to assist you in any way possible. If it is necessary to contact a doctor after 5:00 P.M., when the office is closed or on the weekend, please call the doctor's answering service at 491-3535 and the physician on call will be contacted to assist you with any problems or questions.
15. You may shower 24 hours after surgery, keep head out of the shower.
16. Return appointment: \_\_\_\_\_

The above postoperative instructions have been explained to me by \_\_\_\_\_ and I completely understand them insofar as possible.

Patient signature \_\_\_\_\_