

# **Michael G. Brandt, MD, FRCSC**

---

## **Post-Laser Resurfacing Wound Care:**

### **Supplies Needed For Post-Treatment Care:**

- Gentle cleanser (such as Cetaphil)
- 4"x4" (10x10cm) gauze
- Apple cider vinegar
- Baking soda
- Aquaphor ointment (available at any pharmacy)
- Ice packs
- Extra pillows for elevation of your head

### **Instructions**

- Apply an ice pack to the area immediately following your procedure
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity and taking pain medications, may promote constipation. You may want to add more fiber to your diet, and increase fluid intake.
- Take pain medication as needed.
- Do not drink alcohol if taking pain medications or antibiotics. Even when not taking pain medications, try to avoid alcohol for 1 week as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

### **Activities**

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Try not to bend over at the waist and DO NOT lift over 20 pounds for the first week.
- You may resume exercise in 14 days
- Do NOT swim until the wound has completely healed over
- Return to work based on how you feel.

### **Immediate Aftercare**

- Apply Aquaphor to the treatment area 4-6 times throughout the day to keep it hydrated.
-

### **Aftercare Treatment Days 1-7:**

- You may apply ice packs to the treatment area as needed to alleviate discomfort. Ensure the packs are clean and covered with a cloth or paper towel.
- Sleep with 2-3 pillows to elevate your head and reduce swelling.

Adhere to the following regime three times each day (morning, afternoon, and night):

- Gently wash your face with a gentle cleanser to remove residual ointment. Pat dry.
- Apply a mixture of apple cider vinegar and water to the treatment area. Mix one cup lukewarm water with 2 tsp apple cider vinegar. Soak gauze in the water and vinegar mixture and gently wipe over the entire treatment area. This should be a gentle process with no scrubbing or abrasion. If you experience pain or begin bleeding, you are using too much pressure.
- Apply a thin coat of Aquaphor to the entire treatment area.
- Reapply Aquaphor between cleanings if the treatment area feels dry.

### **Aftercare Treatment Days 8-14:**

- Continue the routine of washing your face, applying the vinegar mixture, and applying Aquaphor each morning.
- You no longer need to wash your face in the afternoon. If your skin feels dry, apply additional Aquaphor ointment.
- You will now introduce a baking soda scrub to your nighttime routine. Adhere to the following instructions each night:
  - Wash your face as usual
  - Mix baking soda and water in an equal ratio to form a paste, and gently scrub the entire treatment area
  - Wash your face again (the baking soda may be irritating if left on)
  - Apply the apple cider vinegar mixture
  - Apply Aquaphor in a thin layer

### **Aftercare Treatment Day 15 Onwards:**

- Discontinue the use of the apple cider vinegar mixture.
- Each morning: wash your face and apply skin and eye products as directed by your surgeon and team.
- If still peeling, wash your face, use the baking soda scrub, wash your face again, and apply skin and eye products as directed by your surgeon and team.
- If you are no longer peeling, wash your face and apply skin and eye products
- At this time your skin will be mostly resurfaced, however this process may take up to one month.

### **What To Expect**

- Maximum discomfort and swelling will occur in the first two days, improving each day thereafter.
    - Apply ice (ice-pack or ice in a ziplock bag) as needed for the first 24 hours
  - Expect the skin to “weep” fluid for the first 3-5 days
  - Do your best to prevent your skin from forming scabs by applying Aquaphor
-

### **Appearance**

- Raw irritated and red skin will improve dramatically over ~14 days
- Bruising and swelling will gradually decrease over 1-2 weeks
- Healing is a gradual process and typically takes ~14 days for the wound to appear pink and no longer weep fluid.
- The resurfaced skin may remain slightly pink for 6 months or more.
- It is safe to start wearing makeup once the wound has completely healed – looks like normal pink skin

### **Follow-Up Care**

- Follow up with Dr. Brandt as instructed

### **When To Call**

- If you have increasing swelling or bruising.
- If you have severe or increased pain not relieved by medication.
- If you have an oral temperature over 38°C
- If you have any yellowish or greenish drainage or notice a foul odor.

Feel free to email with any questions at [info@drbrandt.com](mailto:info@drbrandt.com)

---

