

**WESTERN AVENUE  
DAY SURGERY CENTER**

Plastic, Reconstructive and Cosmetic Surgery  
Surgery of the Hand

244 WESTERN AVENUE  
SOUTH PORTLAND, MAINE 04106-2496  
TEL. 207.775-3446 FAX 207.879.1646

**Postoperative Instructions  
for  
LASER SURGERY**

**ACTIVITY**

ACTIVITY, DIET AND COMFORT:

1. Gear your activity to your comfort level. Start out slowly, and advance activity reasonably.
2. Light foods initially and advance diet as tolerated. Drink lots of liquids. If skin around mouth is swollen or tight, eat a soft diet and use a straw.
3. **Take pain medications with food**, following instructions on bottle. For the first day or two, have someone else give you medication according to correct time intervals, as you might forget and take it too often. **No alcohol** while on pain medication. Pain medication may cause drowsiness and constipation.
4. Please remember that refills will only be considered during office hours, 9 am to 5 pm, Monday through Friday. If you feel you need more pain medicine, please call during these times.

**POSTOPERATIVE SKIN CARE INSTURCTIONS FOR LASER SURGERY:**

The N-Terface dressing promotes drainage and allows you to cleanse through it. It should stay on for 3-7 days. You should do these cleansings and dressing changes **FOUR** times a day.

1. Prepare your skin care supplies:
  - Bottle of saline
  - Gauze pads
  - Vinegar solution (1 cup water with 1 tablespoon white vinegar)
  - Wash cloth
  - White Vaseline or Aquaphor
2. Pull the tube gauze down around your neck.
3. Remove the gauze pads (3x3's) that have been used to absorb the drainage.
4. Soak the washcloth in the vinegar solution.
5. Apply the washcloth to the affected areas, over the N-Terface dressing, and soak the areas for 10-15 minutes if necessary to soften crusted areas. Do not put vinegar solution near the eyes - you will use saline around your eyes.
6. Rinse the areas with the saline solution and cleanse around your eyes with the saline, soaking again if necessary. Do not pick crusted areas - rub gently to get exudate off.
7. Pat dry. Then apply a generous layer of Vaseline or Aquaphor over the N-terface.
8. Place a layer of 3x3's (gauzes) over the Vaseline.
9. Pull the tube gauze back up over your face to hold the dressings in place.
10. Use the ice mask as needed to control swelling and for your comfort.
11. You may shower in \_\_\_\_ days.

**YOU CAN EXPECT:**

- Area may be quite swollen for first several days. Keeping head elevated helps relieve this.
- The skin will be quite pink following removal of the dressing. This pinkness will gradually fade over 12 weeks.
- Make sure you have made follow up appointments with skin solutions.

**Call the office (775-3446) if you have:**

- Fever or chills.
- Severe pain not responding to medication.
- Swelling not responding to elevation.
- Any other question or problem.

**OTHER:**

- No smoking for at least 48 hours after surgery, to prevent possible bleeding and delayed healing.
- Avoid sun exposure. Use sun block 15 - 30 once the skin is healed.
- No driving until permitted by physician.

I have received the above instructions. Signature *X* \_\_\_\_\_

Relationship to patient \_\_\_\_\_ Date \_\_\_\_\_