



PRE-OPERATIVE INSTRUCTIONS FOR SKIN RESURFACING

Please watch the following videos, which correspond with the instructions below:

- Pre-op instructions for facial surgeries
<https://www.youtube.com/watch?v=Xd0aCTXptyk&feature=youtu.be>
- Post-op instructions for facial surgeries
<https://www.youtube.com/watch?v=eTuQ0VafhXQ&feature=youtu.be>
- Instructions for skin resurfacing <https://www.youtube.com/watch?v=DpR5jgChAYc>

THREE WEEKS BEFORE SURGERY:

- If it is required by your surgeon, laboratory tests, EKG and eye exams should be done at this time. If this testing is done at your physician's office or other location, please fax written results to our office at (585) 271-4786. These results must be received 1 week prior to surgery.
- If there is any chance that you are pregnant, surgery will need to be rescheduled.
- All fees-surgical, anesthesia and facility are due to our Patient Consultants.

TWO WEEKS BEFORE SURGERY:

- Discontinue aspirin, ibuprofen (e.g. Advil, Motrin) or any supplements that increase risk for bleeding. Check the label of any OTC medications for aspirin or ibuprofen. Check with your PCP and/or cardiologist before stopping aspirin.
- Tylenol is ok to take.
- Stop all nicotine products, including any tobacco products, vaping, or nicotine patches since nicotine decreases circulation and may result in a poor outcome.
- Start Vitamin C 1000 mg three times per day to improve wound healing.
- If your destination after surgery is more than 30 minutes from the office, you must make arrangements to stay locally the night of surgery. Your Patient Consultant can assist with this.

ONE WEEK BEFORE SURGERY:

- Do not drink alcohol for 1 week before and after surgery.
- To avoid cancellation, all lab results and testing is due.

DAY BEFORE SURGERY:

- The Surgery Center will call you in the afternoon to inform you of your arrival time for surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT (including water and gum chewing). SURGERY MAY BE CANCELLED IF THIS IS NOT FOLLOWED.** The only exception is medication, which we will instruct you to take the day of surgery if needed, with a sip of water.

DAY OF SURGERY:

- Arrive at Lindsay House Surgery Center, 973 East Avenue, Suite 101.
- You may shower and shampoo the morning of surgery.
- Do not wear makeup or use hair sprays/gels.
- **NO ACRYLIC NAILS OR NAIL POLISH (INCLUDING GEL/POWDER). NO EYELASH EXTENSIONS OR MASCARA (flammable).**
- Please do not wear contact lenses. Glasses are okay.
- Avoid clothing that must be pulled over the head. Please wear loose fitting clothing.
- If you wear dentures, please leave them in place.
- Do not wear jewelry, including body jewelry, or bring valuables to surgery.
- If you have your menses, please wear a feminine napkin, not a tampon.



GENERAL POST-OPERATIVE INSTRUCTIONS FOR FACIAL SURGERY

- **A responsible adult must provide transportation for you after surgery (public transportation is not permissible) and remain with you until the morning following the procedure. You may need assistance for 1-2 days following your procedure.**
- You will need to arrange transportation for your appointment at our office on the day following surgery. Do not drive for 24 hours after surgery or anytime that you are taking pain medications.
- Avoid making major decisions or participating in activities requiring judgment for 24 hours after surgery.
- All of your post-operative appointments will take place in our practice.
- Do not compare your progress with that of other patients. Remember that everyone's healing process is unique. Your family and friends may mean well, but you can receive inaccurate information.

ACTIVITY:

- Limit your activity sharply over the first week following surgery.
- You are encouraged to walk around the house on the day of surgery and thereafter. Move/pump your legs frequently while lying down.
- Keep your head elevated on 2-3 pillows while you rest or sleep for 7-10 days.
- Smoking should be strictly avoided as it interferes with the blood supply to the healing tissues and slows subsequent healing.
- Take deep breaths often when you get home for the first 24 hours after surgery.
- Keep your emotions under control. It is not unusual to feel a bit depressed after surgery. This quickly passes as you begin to look and feel better. Anger, crying or other emotional outbursts will only add to the swelling or increase the likelihood of bleeding.
- Avoid lifting over 20lbs, straining and aerobic activities for 3 weeks. Then gradually increase your exercise level back to normal over 2-3 weeks.
- It is okay to turn your head side to side with normal head movement.
- Avoid excess sunlight to the incisions and face for at least a year. Even mild sunburn may cause prolonged swelling or irritation. Use sunscreen with zinc oxide and SPF 20 or greater to help decrease the visibility of the incision lines and protect facial skin.

ORAL INTAKE:

- Take all medications as instructed postoperatively.
- Do not drink alcohol during the first week of recovery.
- Drink plenty of fluids following surgery, as dehydration can contribute to nausea.

- To help reduce nausea, eat a small amount of food 20 minutes before taking postoperative medications (especially pain medications and/or antibiotics)
- If you vomit or feel nauseated, you should delay food and pain medications until the nausea passes.
- Take only 2-3 ounces of clear liquids at hourly intervals until the nausea subsides. If this symptom persists, take your anti-nausea medications to avoid vomiting.
- You may want to avoid foods that require extensive chewing, such as steak. Soft foods may be easier to eat.

BATHING:

- Following surgery, you may bathe, but do not submerge your head in the water.
- It is encouraged and okay (starting on your first post-operative day) to wash your face with your facial cleanser, toner if you use one and then apply your moisturizer. Avoid your incision line areas.
- If you have had a resurfacing procedure, follow directions listed under Skin Care in your packet.
- Please gently wash your hair the morning of your post op appointments to prepare for suture removal.

SPECIFIC POST-OPERATIVE INSTRUCTIONS FOR DERMABRASION, LASER, AND TCA PEEL

SKIN CARE FOR DERMABASION AND LASER

- You will have a Vigilon dressing over areas of dermabrasion or laser. This special dressing reduces healing time and minimizes the need for pain medication. Keep this dressing in place for 24 hours until your return visit the following day. If for any reason this dressing falls off, immediately cover the area with a thick coating of Vaseline or Aquaphor.
- On your first visit, the Vigilon dressing will be removed and the area will be cleansed with plain water. A new Vigilon dressing will be placed over the treatment area. This should stay in place for another 24 hours.
- On your second post-operative day, you can remove the Vigilon dressing yourself. At that time, you can splash the area with plain water. You will gently pat dry/blot with a dampened reusable paper towel (provided by our clinic). **DO NOT VIGOROUSLY RUB THE AREA OR PICK AT THE SKIN.**
- Next, immediately apply a thick amount of Aquaphor to the dermabraded or lasered area.
- After a time, the heat of your body will melt the Aquaphor, at which time the cleansing/frosting process is repeated. This process is repeated 5-7 times per day (usually 2-3 hours apart).
- After 7-10 days, you will be switched from Aquaphor to Locoid Cream. Apply the Locoid cream in an even thin coating twice a day as directed by the clinical team.
- When the skin is all pink with no moist areas, you may begin cleansing your face with PCA SKIN facial cleanser. This is typically between days 10-14.
- Apply Locoid after you cleanse your skin.
- After you apply the Locoid cream, you will then apply PCA moisturizer.
- Tizo sunblock will then be applied after the moisturizer.

SKIN CARE FOR TCA PEEL

- Apply Locoid ointment to the TCA peel area, three times daily. This should be an even, thin coating to the skin.

- Rinse face with tepid water between applications. You will need to use this ointment for approximately 7 days or until you finish peeling. Please use the disposable washcloths given to you during the pre-operative visit.
- The Clinic Staff will evaluate your skin during your post-operative visits and decide when you are ready to switch to the Locoid cream. Once you are told to make this switch, apply Locoid cream two times daily to peeled area, rinsing with tepid water between applications.
- There might be a short period of time that you will be using both the ointment and the cream.
- **AT NO TIME SHOULD YOU ATTEMPT TO REMOVE PEELING SKIN.** Let it slough off on its own.
- Your skin will appear pink for a couple of months, but you will be able to cover the pink coloration with make-up at approximately day 10.
- On day 10 post resurfacing skin treatments, a consultation appointment will take place with one of our experienced skin care specialists in our Medical Spa. At this appointment, a customized skin care regimen will be created just for you. This appointment will also include a color match for base powder using our Jane Iredale Mineral Makeup. This mineral makeup provides excellent coverage for redness, offers anti-inflammatory properties and additional sunblock.
- Current topical prescriptives such as Retin A (tretinoin) or Hydroquinone and any other skin care products with active ingredients cannot be used until one month after surgery.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING EMERGENT ISSUES:

- Fever of 101 degrees or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and or/foul smelling drainage from an incision site.
- Intense itching with white pimples, or cold sores in areas of resurfacing.
- Significant asymmetrical swelling of the face.
- Bleeding that does not respond to uninterrupted direct pressure for at least 20 minutes.
- Persistent nausea and/or vomiting.

Emergent surgical issues can be addressed on evenings or weekends via our on-call EMERGENCY line (585-258-4851).

***General medical questions** can be addressed during regular business hours M-F 8:30am-5pm (585-244-1000).

The Patient Consultant will make your post-operative appointments and collect any fees.

If I have any questions with regards to the content of the videos and/or my expectations with respect to my participation in my pre-operative preparation, I will review all questions and any concerns with the Advanced Practice Provider during my in-person, pre-operative appointment.

Patient Signature: _____

Date: _____

Patient Name (print): _____

Witness: _____

Date: _____