



ORANGE OFFICE BASED SURGERY, PLLC

Ran Y. Rubinstein, MD

POST-OPERATIVE INSTRUCTIONS

Patient: _____

Surgery Date: _____

Post-Operative Instructions for **Fraxel re:pair laser full face**

IN CASE OF AN EMERGENCY

- During business hours: call the office @ **845-562-6673**
 - After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

Fraxel Repair full face, neck or chest: Post Treatment Instructions

PRE PROCEDURE INSTRUCTIONS

Exercise sun avoidance/sun protection, starting at least 2 weeks before the procedure.

•Start or stop meds/topicals as directed by the physician.

-Unless medically necessary, patient should discontinue use of Aspirin or other NSAID (non-steroids and anti-inflammatory drugs) such as Motrin, Celebrex, Aleve, and Ibuprofen, 10 days before the procedure.

The patient may take Tylenol (acetaminophen) for



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pain.

--Supra-therapeutic dose of Vitamin E and other herbal supplements have been associated with increased bleeding risk. Discontinue for 10 days before the procedure

--Discontinue Retin-A, skin care products containing retinoids, glycolic acids, etc for 10 days pre laser.

•Pre treating with Botox injections will optimize your results as repetitive frowning, smiling, and lip puckering is what contributed to the wrinkles.

•**What to Start:** before your procedure

A. Prophylactic anti-viral medication:

Starting one day before treatment, continue for 8 days.

such as: **Valtrex 1000 mg**-1 tablet daily, unless you have history of cold sores, then two times daily

B. Prophylactic antibacterial medication to help prevent infections

Starting the day of treatment, continue for 7 days.

such as: **Keflex 500mg**-1 tablet, twice a day

•On the day of the laser procedure:

--Plan to be in the office for approximately 2 hours.

--Make arrangements for someone to pick you up after the procedure. Public transportation/Taxi is not suitable.

--Have a light breakfast, unless moderate (conscious) sedation or other forms of anesthesia requiring fasting is planned.

--Come to the office with no make up and a lower-cut, button-up shirt. No contact lenses. No jewelry.

--**A topical numbing cream will be applied 1.0 hours before your procedure for your comfort.**

POST PROCEDURE INSTRUCTIONS

Phase 1: First 2 to 3 days

1. Initially, the lasered area will be red with drainage but will progressively lighten and turn pink by 2 to 3 days. Significant swelling can be expected. Upper body elevation when supine can help minimize this along with the Medrol dose pack that is often prescribed. In addition applying ice compresses and packs (on 10 minutes, off 10 minutes) during the first two days can also significantly reduce swelling.

2. Your skin should be kept clean and moist at all times. See below for skin cleansing technique. Once your skin has been cleansed, apply Aquaphor ointment. Do not allow the treated area to dry out. You will switch to Rubinstein MD Refining Peptide Gel after 48 hours (once your skin stops oozing) to avoid milia (white acne bumps that can develop from overly occlusive moisturizers). You can continue to apply the Aquaphor over drier areas as needed.

3. Your skin should be cleansed using dilute vinegar water:

4. Your skin may itch. This is normal. Please use over the counter Claritin, once daily. This may continue for 2 to 3 weeks. Continue Claritin as needed. Do not scratch your skin.

What you need

- Dry gauze
- Bottled water, 16 oz
- White distilled vinegar (5%)
- A clean container
- Measuring spoon
- Aquaphor ointment (over the counter in pharmacy)
- Rubinstein MD Refining Peptide Gel (available in our office)
- Rubinstein MD Aloe Cortisone Cream (available in our office)

To mix vinegar water:



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- Open an unused bottle of each: one 16 oz bottled water, and one white distilled vinegar.
- Pour 2 tablespoonful of water out of the bottled water, then add in 2 table spoonful of vinegar.
- Shake gently to mix.
- Mark the bottle with a marker as "vinegar water" to avoid confusion.
- To make vinegar soaks, place 10 -20 gauzes inside the Tupper ware, carefully add in vinegar water until all gauzes are saturated

What to do

- Wash hands thoroughly with soap, rinse and dry before each wound care session
- Designate the non-dominant hand as the "clean"hand for retrieving wet gauze, then transfer the gauze to the dominant hand for cleansing
- Use the gauze to wipe-off oozing/bleeding, using gentle pressure. Make sure vinegar water is in contact with the skin for at least 5 minutes. Soak longer for area with crusting. Do not rub the skin too vigorously as this will result in bleeding. Pat dry. Always apply Aquaphor generously over entire treated area after each cleansing.
- Frequency: every 2 -3 hours during the first 24 hours. Set up alarm to wake up at least once during first night for cleansing. May gradually increase to every 3 -4 hours after 24 hours. After 48 hours, you may wash three times a day and change to bland moisturizer. Continue vinegar wash twice a day for 1 week.

4. Showering is encouraged beginning on the second day. When cleaning the skin, always use clean washcloths and wash your hands with antibacterial soap. It is unusual for fever to occur above 101 degrees. You will be prescribed oral antibiotics and Valtrex (anti viral) medications to help prevent a skin infection during the recovery period.
5. If an occlusive dressing is used i.e. if also had a facelift, Aquaphor should be applied around the edges of the dressing to prevent crusting.
6. Your first follow up visit will be 7 days from the procedure. The second follow up visit will be 4 to 6 weeks from surgery depending on how quickly your skin is healing. Plan on taking one week off from work (+/- 2 days).

Phase 2: 7th day to 4th week

1. Starting about 5 to 8 days from your procedure, when the skin has begun to epithelialize, a mineral base camouflage makeup (such as Physicians Formula available over the counter at any pharmacy) can be worn to cover the pink skin color. This light pink color will last up to 3 months. It is a sign of ongoing collagen production. It will take up to 6 months to see your final results. **Do not use non prescribed make up.** It will clog your pores and result in a severe acne outbreak throughout your face if used in the first 3 months after your procedure.
2. Continue using the Rubinstein MD Refining Peptide Gel, which will be prescribed and available in our office. Alternatively, other lotions are available through our office such as Rubinstein MD Intensive Moisturizer. **Do not use non medical products as they can clog your pores and or affect your healing.**
3. Avoid direct sunlight exposure for 3 months (i.e. beach, tanning) or until the pink skin color fades back to its regular color indicating complete healing. Begin using a medical grade Rubinstein MD Everyday Sunscreen SPF30 or SPF 50 which is available for purchase in our office. **Do not use store bought sunscreens for the first 3 months.**

Phase 3: 4th to 12th week

1. Continue the same regimen. Dr. Rubinstein may add other skin care products to help minimize or treat acne or hyper pigmentation that can develop after laser resurfacing.
2. Bleaching cream (Hydroquinone 4%) with or without Retin A, or a custom compounded formula (Retin A combined with bleaching cream) may be recommended especially if you have a darker skin type or tend to hyper pigment. This should be applied every other night for the first week, then every night until tolerance is developed to daily application. Hydrocortisone cream (1 or 2 %) may also be prescribed to further help minimize hyper pigmentation.



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3. Rubinstein MD Clarifying Gel : May be prescribed if you develop acne breakouts post surgery. Begin applying gel in the morning and evening. The Clarifying Gel helps minimize/treat post laser acne breakouts.
4. Once your skin has returned to its normal color (usually within 3 months), healing is complete. Regular skin care products and makeup can be resumed at that time.
5. The appropriate maintenance skin care products will be prescribed to help maintain your healthy looking skin after the healing process is completed. Botox therapy will help prevent the return of expression lines (lip, frown, worry, and smile lines) that were smoothed away with the laser treatment. Maintenance Fraxel Restore (a different type of Fraxel laser, with minimal to no downtime)laser treatments are recommended on an as needed basis. Microdermabrasion and gentle chemical peels will also help to maintain your results. Fraxel does not treat rosacea, broken capillaries and spider veins. These are treated with laser (photo) facials- 4 initial monthly treatments followed by maintenance treatments every 4 to 6 months.

Please call the office if you have any questions or concerns @ 845-863-1772 or e-mail @ info@yourfacemd.com

Call Dr. Rubinstein if:

- 1) You have fever or chills (above 101F)
- 2) You develop rash, small blisters, or the surrounding area becomes red
- 3) Pain not relieved by the medications
- 4) Severe pain not responding to medications or significantly more pain in one eye or the other
- 5) Marked swelling or obviously more swelling on one eye than on the other eye
- 6) Significant changes in vision, anything more than mild blurring

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.

Patient Signature	Date	Coordinator Signature	Date
Ran Y. Rubinstein, MD	Date	Nurse Signature	Date

Revised 6-9-09