

Did you know...

that APSA also do these procedures:

- Breast Reductions
- Breast Enlargements
- Breast Reconstruction
- Abdominoplasty (tummy tuck)
- Upper Eyelid Reduction
- Rhinoplasty (nose correction)
- Full and Mini Face Lift
- Brow Lift
- Otoplasty (ear correction)
- Liposuction
- Scar Revision
- Hand Surgery
- Carpal Tunnel Release
- Tattoo Removal
- Thread Lift
- Laser Resurfacing
- Profractional Laser Therapy
- Ultrapulse Laser Therapy
- Chemical Peels
- Dermal Fillers
- Anti Wrinkle Injections
- Fat Transfer

At Medical Lasers

(located on the ground floor)

- Skin Rejuvenation
- Hair Removal
- Acne Treatments

ADELAIDE PLASTIC SURGERY

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Adelaide
Plastic Surgery
Associates

Laser Resurfacing

DISCHARGE INFORMATION

Dr T Moore Dr A Porter

Dr T Edwards Dr D Molony

Dr N Marshall Dr B Carney

Dr P Sylaidis

Laser Resurfacing

DAY 0-5

- Bathe the area regularly with a saltwater solution (1 teaspoon of salt to 1 cup of boiled water, allow to cool). Initially this will need to be done 3-4 hourly, or whenever you feel the resurfaced area is drying out, or there is a build up of ooze. As the area heals bathing should become less frequent.
- After washing apply a thin coating of Vaseline to the area. If applied too thickly it can clog the pores of skin.
- During washing try to remove as much ooze as possible, as well as old residual Vaseline before applying a fresh lot.
- Keep using the Vaseline, provided it does not cause any irritation, until your first post-op appointment. The Doctor will then advise you about the next step of care.
- You may shower and wash your hair (with a mild shampoo) as needed.
- Some swelling may occur which is normal. This may be reduced by sleeping with two or more pillows for the first week.
- On occasion your eyes may become irritated from swelling. You may use liquid tears to help soothe them.
- Avoid the sun until the area has completely healed.
- Any concerns, e.g. skin irritated by creams, first onset of a cold sore, please contact the Doctor as soon as possible by ringing the clinic number.

- Feelings of anxiety and tearfulness are normal at this stage. You look and feel awful and by now are questioning why you decided to have this procedure done. These feelings will resolve as your face begins to heal.

DAY 6-10

- By day 5 – 6 you will notice that the resurfaced area is beginning to heal. The constant ooze will have stopped and new pink skin will be forming. The face will be patchy at this stage, with some areas still unhealed. This is normal.
- By day 6-7, most people can cease the salt water bathing and wash their face with a mild soap and water. Vaseline no longer needs to be applied.
- Instead a gentle moisturising cream can be used. It is important to understand that different creams suit different skin types. Our recommendations include QV cream (in the home care pack). We suggest you try a small test area first, leave it for about 15-20 minutes and if there is no irritation then apply to entire resurfaced area.
- When changing to moisturising cream it is normal for the face to feel a little tight and dry to begin with. The cream may need to be applied 3-4 times per day initially. If you apply it too often you will risk clogging pores, which can give rise to pimples. At the same time you do not want your face to dry out too much. It is a question of finding a balance.

- Patients with a history of cold sores will have completed a course of Valtrex tablets by day 5. It is still possible, though uncommon, to break out in cold sores after this time. If previously healed areas of skin appear to start breaking down, or look blistery, please ring the clinic number immediately. Prompt treatment can prevent a major spread of the virus.

DAY 11 ONWARDS

- The face usually heals within 10-14 days, though the new skin can remain quite red for some weeks or months. Most of this redness has resolved by 6 weeks; however some degree of pinkness is normal for up to 6 months.
- Once healed, makeup can be applied to help cover this redness. Initially you may find this a little difficult due to all the moisturising creams that have been used over the previous few days. The makeup won't appear to adhere all that well and needs to be applied fairly thickly to compensate for this. We recommend Mineral Makeup, please ask one of our trained staff for advice

ANY CONCERNS

Please phone 8213 1800 and ask to speak to our nursing staff Mon-Fri 9am – 5pm.

IN CASE OF EMERGENCY

Your Surgeon or the on call surgeon can be contacted on 8213 1800, at any time.