

**Adelaide
Plastic
Surgery
Laser
Rejuvenation**



**Discharge
Information**

Laser Rejuvenation Discharge Information

Expected symptoms following treatment include:

- A very hot 'sunburnt' feeling
- Swelling
- Extreme redness
- Pinpoint bleeding then scabbing
- Weeping and oozing
- Itching
- Acne/milia breakouts
- Dryness
- Sensitivity to sun and heat
- Blistering
- Anxiety and tearfulness
- Irritated/swollen eyes.

Pain or discomfort

Discomfort and pain after your procedure is normal, and your doctor will prescribe a pain reliever. Do not drive while you are taking prescription pain relievers or sedatives.

Aspirin based pain relief should not be taken before or immediately after surgery as this can increase the tendency for you to bleed.

- Take paracetamol/ibuprofen to reduce inflammation and discomfort.
- If your skin is itchy, an anti-histamine can help.
- If you have a history of cold sores you will need to take a course of antiviral medications, please advise us and we can organise this for you.

General advice

- Apply cool compresses for comfort (frozen wet hand towels, frozen peas, ice packs). Avoid applying ice directly to skin.
- Apply Vaseline or moisturiser to treated areas as directed.
- Avoid topical exfoliation for 4 weeks.
- Do not use Retin-A products or makeup until advised by your surgeon.
- Avoid sun exposure.
- You should have a tepid shower and wash your hair daily to assist in keeping the treated area clean.
- Do not exercise until the area has healed.
- AVOID picking and scratching treated areas.
- Sleep with a couple of pillows, to elevate your head and help decrease swelling.

Laser care

Stage 1

- Clean the area regularly with provided solution every 3–4 hours to start with, this will become less frequent as area heals.
- Try to remove as much ooze and residual cream as possible during cleaning.
- After cleaning apply a thin coat of the provided product, as advised.
- You will have an appointment between day one and five after your operation. At this time we will review your progress and advise you on the ongoing management of your skin.

Stage 2

- By this stage 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.
- A gentle moisturising cream may be recommended.
- When changing to moisturising cream it is normal for the area 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.

Stage 3

- The face usually heals within 10–14 days.
- Depending on the type of laser used, some degree of pinkness can last up to 6 months.
- Once healed, makeup can be applied to help cover the 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.

Any concerns

Please phone 8213 1800 and ask to speak to our nursing staff Monday to Friday 9.00am to 5.00pm.

In case of an emergency

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

We deal with whatever life deals out

Plastic, Cosmetic
& Reconstructive
Surgery

General Surgery,
Surgical Oncology
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Cosmetic &
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Nurse Injectors

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