

Bahman Guyuron, MD, FACS
Plastics and Reconstructive Surgery

440-461-7999

HOME INSTRUCTIONS FOR FULL FACE LASER ABRASION

- Sleep on your back with your head elevated at approximately a 45 degree angle.
- You will have a silicone bandage on your face. This will remain on for 4 to 5 days. The chin area may loosen after a few days; this may be removed and kept off. You will then cleanse the skin that is open to the air twice daily and apply aquaphor frequently to the site to keep the skin moist.
- Once the silicone mask is removed the skin will be pink in color. The aquaphor will help the skin to heal and soothe the area. As any part of the silicone mask lifts away from the face you may use a Q-tip to apply aquaphor to those areas that are difficult to get to until the mask is off.
- You may want to eat foods that **do not require a lot of chewing** this will loosen the silicone mask. Foods like yogurt, oatmeal and cream of wheat. Any type of food that will still fill your stomach and reduce the chewing. Please limit the amount of lip movement. We suggest purchasing a toddler sippy cup to drink fluids and a toddler tooth brush to brush your teeth. Please avoid straws.
- Please do not wear clothing that pulls over the head or is tight fitting around the neck.
- If you need pain medication, do not hesitate to take this as prescribed. **However, please eat food immediately after taking the medication to minimize the chance for nausea or vomiting.**
- No excessive sun exposure for a period until the redness disappears completely, if you have to be out doors, a protective sunscreen lotion (SPF15 or higher) must be used.
- **All patients are seen the day after surgery.**
- **Someone must be with you for 24 hours after surgery.**
- You will not be able to drive yourself for 5 to 7 days after surgery if you are taking pain medications, please arrange for your transportation for the post operative appointments.

REMINDERS:

- Refer to the patient discharge Instructions upon discharge from the surgery center.
- Please take all of your medications on schedule
- Report any unusual heavy bleeding, discomfort unless you have been advised otherwise, Shortness of breath, temp over 100 degrees and redness and any pain or discomfort in your legs should be reported immediately.

EMERGENCY NUMBER:

For emergencies after normal office hours, please call the answering service at **440-461-7999**. Leave your name, phone number and the reason for your call. If there is not a response within 10 minutes, please call the number again.