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Aesthetic Cosmetic Plastic Surgery

Skin CO₂ Resurfacing Pre-operative Instructions

Please continue with your skin care regimen as prescribed.

Two days before surgery, please begin taking Valtrex 500 mg by mouth for 7 – 10 days.

24 hours before surgery, please begin taking Keflex 500 mg by mouth for 7 – 10 days.

Please have all required post-operative medications available and ready at home.

Post-operative Instructions

For the first 24 hours, please apply cold compresses using soaked gauze or a facecloth for 15 minutes every hour until bedtime.

Please keep a thick layer of chilled Vaseline on your face at all times.

After 24 hours, apply compresses of 50/50 hydrogen peroxide/water to be alternated every hour with Domeboro compresses (one pack dissolved in 16 oz. of cold water). The peroxide serves to loosen debris and the Domeboro is an astringent and helps reduce swelling.

Also, on rising and just before bedtime, please wash with a mild medicated skin cleanser to soothe the resurfaced skin.

You should expect to be completely healed with in 7 to 10 days, depending on the type of resurfacing.

Then begin to apply: (1) hydrocortisone 1% cream twice daily for two weeks, (2) a cream moisturizer throughout the day to prevent dryness, and (3) a number 45 or greater sun block. Then you may apply makeup.

Please do not attempt to remove scabbing, scaling, or dry skin. These will separate with time and a proper moisturizing regimen.