



BOULDER PLASTIC SURGERY Prof., L.L.C.

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POST OPERATIVE CARE FOR SKIN RESURFACING

(Deep Chemical Peels, Laser Resurfacing, Dermabrasion)

Days 7 – 14 (approximately)

Bag 2 These products will be provided and instructions given in their use as you transition from the initial wound care phase. Surgras bar, Physician's Choice Rejuvenating Serum, Collagen Hydrator, Sunscreen with SPF 45, and Sunscreen with SPF 60.

Redness will follow the early healing stage and will gradually fade over 6-12 weeks. Make-up may be worn approximately 7-10 days after the initial procedure providing the weeping is gone.

After the weeping stops, there is no need to continue the Gentle Healing Ointment, but it is important to keep the area(s) well moisturized and protected. The skin care products listed above are specially formulated for this and are outlined below.

SKIN CARE ROUTINE

1. **BioMedic Surgras Bar** is to be used AM and PM. Moisten face and bar. Work up a foamy lather and gently massage into skin. Rinse well. This product will encourage your skin to replenish its own natural barrier function.
2. **PCA Rejuvenating Serum** is to be applied all over face following the cleansing step. Its ingredients reduce inflammation, promote healthy tissue growth and accelerate wound repair. It will also increase skin's ability to bind moisture.
3. **PCA Collagen Hydrator** will follow the Rejuvenating Serum. It contains humectants, vitamins and lipid-rich ingredients to restore and seal in moisture. **OR**
PCA ReBalance will follow the Rejuvenating Serum. It aids in inhibiting redness, calms and heals a burn and will help to regulate blood flow.
4. **Total Block SPF 60/Ti Silc SPF 45** Both of these products offer a high degree of protection from UVA and UVB, offering full spectrum protection. The unique feature of both products is the added tint to cover redness, eliminating the need for make-up.

KEEP SUNSCREEN ON THE TREATED AREA(S) WHENEVER OUT OF DOORS. This will minimize the pigment difference between treated and non-treated areas, and is **MANDATORY** while the skin remains pink in color.

NOTE:

It is very important to remember that time frames for healing outlined above are **averages**. The actual healing times and parameters mentioned depend on the areas and depth of treatment, skin type classification, and compliance with the pre and post operative routines and products recommended. Variance from these routines will alter these time frames, sometimes significantly. We will also modify these treatment regimes as needed to accommodate individual circumstance and patient needs. In order to maintain the results of laser, the next step will be to continue glycolic home care products and treatments. Dr. Kuisle, Dr. Hartley or your esthetician will advise you of when these products and treatments may be resumed.

Follow up with Dr. Kuisle or Dr. Hartley as directed. Always call if there are questions or concerns at (303) 443-2277 or at IV Seasons Skin Care/Boulder (303) 938-1666.