

Sean Mogan MD

Ocusight Eye Care Center

Laser Skin Resurfacing: *Discharge Instructions*

1. It is ok to shower 24 hours after your procedure. Please avoid direct flow of water to your face and neck.
2. Limit movement to face and neck. This facilitates healing.
3. Hand-washing is the most important thing you can do to prevent infection. Wash your hands every time before you touch treated area.
4. Drink plenty of fluids. This will help your skin and body recover from the procedure.
5. To reduce swelling and for pain relief, you may place ice packs, bags or frozen peas on the treated area for first 2 – 3 days. You may also take Tylenol 500 mg, two tablets, every 6 hours.
6. Oral Benadryl may be used for severe itching.
7. Artificial tears may be used on your eyes as needed for comfort.
8. Keep your head elevated while resting, and for the first few nights. This helps reduce swelling and promote healing.
9. Remember to finish all of your oral medication as prescribed:
 - Antiviral: Valtrex 1 tab 2 times a day
 - Antibiotic: _____
10. Follow wound care instruction sheet. If you have any problems with the wound care regimen, please call us immediately.
11. Call us at **(585) 872-1300** if you experience any one of the following:
 - Pain that is not relieved by Tylenol.
 - Excessive redness, swelling, bleeding, and/or scab formation.
 - Excessive itching, especially when accompanied by signs of infection.
 - Whitish to yellowish film on treated area, with or without foul odor.
 - A fever of 100.4F or above.
 - If you are just not sure.
 - If you cannot reach us and it is an emergency, call 911.

By signing below, I acknowledge that I have read and understood the information, and a copy was given to me. I agree to follow all above instructions.

Patient or Guardian Signature Date

Provider Signature Date