

Elite Plastic Surgery

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RENUVION EXTERNAL DERMAPEN

Post Treatment Care

- Please sleep with the Head of your Bed Elevated until your initial swelling subsides.
- Please apply occlusive balm (Aquaphor) to the treated skin two times daily or when needed if the area is dry. You may switch to a light, gentle moisturizer once your skin re-epithelializes. This process can take up to 10-14 days.
- You may experience itchiness during your healing process. You may take cool showers multiple times a day and apply vinegar soaks 20-30 minutes each day to help combat itchiness.
- Vinegar soak recipe
 - To make a vinegar-water soak, fill a clean bowl with cold tap water and a few ice cubes and one tablespoon of white vinegar for every cup of water. Clean 4 × 4 gauze are wetted with the dilute white vinegar solution and then applied to the treated areas of the face; wetted gauze should be replaced with new wet gauze before they dry (alternatively, the dilute white vinegar solution may be repeatedly dripped over the gauze). The soak should not sting—if so, make sure that the recipe was followed properly and that the white vinegar component is not more than called for. Make sure the dilute white vinegar solution stays chilled and replace when warm. Latex or latex-free gloves should be worn during application of vinegar soaks and occlusive dressing application.
- ***Please call our office if any of these occur:***
 - Excessive facial swelling
 - Unrelenting burning or stinging sensation of the treated area(s)
 - Burning or stinging with the application of topical occlusive balm
 - Burning or stinging sensation with the application of white vinegar soaks
 - Wounds that are not healed after 10 days
 - Dry eyes, inability to close eyes, and eye pain
 - Spreading redness at the periphery of the treated area(s)
 - Fever, chills, nausea, and vomiting
 - Raised areas that may be tender
 - Concern about wound healing progress
 - Uncontrollable itching

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- Please always wear a physical SPF of 45 with UVA/B blocking sunscreens which contain titanium dioxide- and/ or zinc oxide.
- Please avoid topicals containing alpha- and beta-hydroxy acids and retinol until at least 3 months after initial healing.
- Please avoid facial skin-care treatments that are abrasive for at least 3 months after initial healing.

Medications Prescribed (not all medication may apply)

Please take all your medications as prescribed.

Scheduled Medications: Please take these medications as scheduled

Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow the prescription ordered) is an antibiotic you must take for a total of 5 days. (Note that antibiotics may impair birth control pills.)

(*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery) is used for the prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

Tylenol (Acetaminophen) (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours)

As needed: These medications are scheduled "as needed" per your pain level. We provide you with many types of medications that focus on the "type" of pain you are experiencing. If you plan to take more than one of these medications, please plan to take them at least 2 hours apart as they can make you sleepy.

Toradol (ketorolac): 10 mg every 6 hrs = 15 tabs

Type of Pain relief: Anti-inflammatory: Swelling/Pain: (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other anti-inflammatories while taking this medication.

Gabapentin (Neurontin): 100 mg; every 8 hours = 48 tabs (16 days)

Type of Pain relief: Nerve Pain: Itching/Burning/Tingling/Numbing/Sharp: (started day of surgery as needed, please follow the prescription ordered) is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions for mood-altering (depression or bipolar) medications as these can potentially interact.

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***this medication can make you sleepy, please do not plan to drive on this medication**

Cyclobenzaprine (Flexeril): 5 mg; every 8 hrs = 10 tabs

Type of Pain relief: Muscle Relaxer: Muscle spasms/Muscle cramping: (started day of surgery as needed, please follow prescription ordered) is a muscle spasm medication.

***please do not drive while on this medication**

Oxycodone (Narcotic Pain Reliever): po every 4-6 hours as needed = 30 tabs

Type of Pain Relief: General pain (started day of surgery as needed, please follow the prescription ordered) is an oral narcotic prescribed to manage your pain.

***please do not drive while on this medication**

Docusate Sodium (Colace): Stool Softener: every 12 hours = 14 tabs (7 days)

Senna: Bowel Stimulant: every 12 hours = 14 tabs (7 days)

You may take the Colace and Senna together.