

# Elite Plastic Surgery

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## External Renuvion Skin Resurfacing

### *Post Operative Instructions*

- IMPORTANT→ Call the office if you develop a fever, excessive swelling, bruising, bleeding, or persistent nausea, vomiting, diarrhea
- Continue medications as prescribed
- Take a complete course of antibiotics
- While taking prescription pain medication do not drive, make important decisions, or consume alcohol
- Stay out of direct sunlight for one month Refrain from smoking or being around secondhand smoke
- Refrain from alcoholic beverages during the first 2 weeks of healing
- Avoid breaking a sweat for the first 2 weeks→ no strenuous activities or exercise for a minimum of 2 weeks while your skin heals
- The skin on the treated area may feel hot for the next few days as the healing begins→ keep your living space cool and drink plenty of water
- Keep your fingernails short for a few weeks so you don't accidentally scratch your skin as it heals Your skin will undergo dramatic changes each day and may seem to regress→ this is part of the healing process
- Your skin will ooze a lot for the first 1-7 days & will decrease after 7 days→ keep a box of tissues handy to blot your skin (no rubbing)
- Use old cotton pillowcases or t-shirts on your pillow/bed so the ooze and ointment will not damage your good linens
- Most patients can apply make-up to treated areas after about 14 days→ Please get approval from our office before using make-up
- The office will contact you the day after surgery to check-up on you, answer questions and book follow-up. (Friday/Weekend surgeries - patients will be called on Monday.)

### **When you get home→ Rest, eat a small meal, Rest, drink plenty of water, Rest....**

- Every 3 hours apply Aquaphor →YOU WILL BE DOING THIS DAILY FOR ABOUT 14 DAYS
- This can be repeated more often as needed to keep skin from drying
- Do not wash the treated area & only touch the skin with clean hands to apply ointment

**Day 2**

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- The treated area will be swollen and oozing
- You may take a shower and wash your hair taking care to keep soap and shampoo off the treated skin
- While awake walk around at least every 2 hours to improve your circulation
- You may experience dry eyes if you have had treatment around your eyes→ You may use moisturizing eye drops as needed during the day and a moisturizing eye ointment at night

## Day 3

- In addition to the swelling and oozing your skin will start feeling tight
- Apply a thin layer of Aquaphor
- Continue applying Aquaphor a minimum of every 3 hours o You may notice small bits of skin rolling off as you apply the ointments→ this is expected Days

## Days 4-7

- Swelling should be decreasing with more peeling and smooth pink skin emerging
- Skin may be itchy and have some red/brown “crusty” areas ■ applying Aquaphor

## Days 8-14

- The redness will start to fade
- Continue applying Aquaphor

## 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.

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**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.

**\*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.