



**SOUTHWEST
EYE CARE AND LASER
MEDICAL ASSOCIATES**

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**AFTER CARE INSTRUCTIONS
LASER RESURFACING**

Patient Name: _____ Date: _____

DAY OF SURGERY

1. Drink plenty of fluids at home beginning with **SMALL AMOUNTS**.
2. Food may be eaten as tolerated. Usually soft easily digestible foods.
3. Medications must be taken with a small amount of food or milk (i.e. soup, crackers, yogurt, etc.)
4. Your vision will be blurry for about 24 hours. This is normal.
5. The only care your face requires this day is to keep all lasered areas, not covered by the Silon or Flexan mask, coated with Vaseline.
6. Pinkish-yellow fluid will collect near the bottom of the mask and drip down the neck. Wipe as needed. A towel can be draped around the neck to absorb fluid and protect clothing.
7. Keep head elevated at all times.

FIRST POSTOP DAY AND CONTINUING UNTIL MASK REMOVED

1. The day after surgery you will begin the vinegar and water soak or sprays. Mix 1 teaspoon of vinegar in 1 cup of cool water. You may dilute the mixture to ½ teaspoon vinegar to 1 cup of cool water if it stings too much. Spray or soak your face at least 6-8 times a day.
2. Continue to keep lasered areas not covered by mask coated with Vaseline or Aquaphor.
3. If the mask shifts, gently push it back in place.
4. If your face is itching, you may take Benadryl 25 mg to 50 mg every 4-6 hours as needed for itching. Do not drive if taking this medication. Benadryl may be purchased at any drugstore or grocery store.
5. You may shower or bathe starting today. Do not get water or soap on your face.

AFTER MASK IS REMOVED

1. You may shower this day and flush your face with cool water in the shower. Do not get soap or shampoo on your face.
2. Keep your face covered with Vaseline or Aquaphor ointment at all times. If your face begins to feel tight you need more Vaseline or Aquaphor. Continue to spray or soak with vinegar and water solution 5-7 times a day for the next 5 days.
3. Finish all oral antibiotics and antivirals.

If you have any questions or concerns call (661) 833-4040.

Patient Signature

Witness