



DR. ROBERT HOUSER
COSMETIC & PLASTIC SURGERY
OF COLUMBUS, INC

495 Cooper Road, Suite 217 · Westerville, OH 43081

Phone: 614.890.5565 · Facsimile: 614.890.5561

Diplomat, American Board of Plastic Surgery

Member, American Society of Plastic Surgeons

www.Drroberthouser.com

SKIN RESURFACING INSTRUCTIONS

Before Your Operation...

1. Report any signs of a cold or infection appearing within 3 weeks before your surgery.
2. **If you take medication of any kind, call the office to check with Dr. Houser or his nurse about instructions for the day of surgery.**
3. **Smokers should cut down to no more than 3 or 4 cigarettes a day for 3 days before surgery. This includes use of nicotine in any form (tobacco, nicotine patches or gum.)**
4. Arrange for a responsible adult to drive you to your home, hotel or motel after surgery.
5. Complete financial arrangements with the Office Manager including any payments due before surgery.
6. If you have any questions before your operation, call (614) 890-5565 weekdays between 9:00 a.m. and 5:00 p.m.
7. Check with Dr. Houser or his nurse about the recommendation for use of Retin-A prior to your surgery.

Day of Surgery...

1. **Do not eat or drink anything after midnight the night before your surgery unless instructed otherwise by Dr. Houser.**
2. Wash hair and face well. Do not cream your face.
3. No makeup please.
4. Wear comfortable, loose fitting clothes that don't have to be put over your head. No pantyhose please.
5. You may want to bring a large scarf and sunglasses to wear after your operation.
6. **You must have a family member or friend drive for you after surgery.** Upon arrival at the facility, give the nurse your driver's name and phone number, as well as address and phone number where you will be the night after surgery.



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7. **You must have a responsible adult spend the first 24 hours with you.** Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly, therefore bring appropriate prescription cards with you.
8. Arrive at the facility at the time recorded on your surgery confirmation sheet.

After Your Surgery...

1. For the first 48 hours, expect burning (like a bad sunburn) and mild discomfort for up to one week.
2. Keep area moist with ointment at all times.
3. Apply the ointment provided directly to the skin after a peel/laser treatment 2-3 times a day.
4. Apply cool compresses for the first 24 hours.
5. Elevate your head for 4-5 days after surgery.
6. There may be a considerable amount of oozing of pink/yellow serous fluid.
7. Take medications according to instructions on bottles. Have someone else give you your pain medicine according to the correct time intervals, since under its influence, you might forget and take it too often. Do not mix alcohol and pain medicine.
8. Expect swelling which will increase for the first 2-3 days and will be noticeably better by one week.
9. Expect mild to moderate redness for the first week, fading around 12 weeks.
10. Shower and bathe as usual and re-apply ointment.
11. ***AVOID SUN EXPOSURE AND STRENUOUS ACTIVITY. ALWAYS USE SUNSCREEN AFTER SURGERY.***

PLEASE NOTE:

THERE ARE MANY DIFFERENT TYPES OF SKIN RESURFACING THAT CAN BE VERY SUPERFICIAL OR MUCH DEEPER. THESE INSTRUCTIONS ARE GEARED MORE TOWARD A DEEP PROCEDURE. IF YOU HAVE ANY QUESTIONS, PLEASE CALL FOR CLARIFICATION.



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7-10 Days After Surgery:

Keep areas moist and **do not** attempt to remove crusting areas. This may cause permanent scarring.

7-14 Days After Surgery:

After crusting subsides, make-up may be applied. Areas will be tight and dry. A good moisturizer will be needed.

14 Days After Surgery:

Treated areas will continue to heal. Red and dry areas will gradually subside.

***Again, the use of a sunscreen is a **MUST**.

Extra Help...

- If skin around mouth is swollen and tight, try drinking with a straw.
- Drink as much as possible! Increased fluids may help you feel better
- A baby or youth toothbrush may make oral hygiene easier.

***Feel free to call us any time. We want you to be as comfortable as possible during your healing period.
(614) 890-5565.***

Office Visits...

First: 5-7 days after surgery.

Second: 2 to 3 weeks later

Subsequently: Usually 2 months and 6 months after surgery.