

## In Case of Emergency

Dr Tony Moore can be contacted at any time on 08 70894486 to discuss your concerns. If you have a life threatening emergency please call 000.



## Your Next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

### Dr Tony Moore

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## Discharge Instructions Laser Resurfacing

**Dr Tony Moore**  
**MBBS, FRACS**

*Safe Hands*

## General Information

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### Oozing

It is normal for the area to ooze/weep post procedure. The fluid will dry and sometimes leave a crust. It is very important not to pick the crusts off in order to avoid scarring. Most of the time it has gone after about 10 days.

### Pain or discomfort

Discomfort can usually be minimised with cold packs and simple medications such as paracetamol and ibuprofen (if you tolerate these). Your doctor may prescribe stronger analgesics if indicated. Do not drive while you are taking prescription pain relievers or sedatives. Aspirin or NSAID's based medicine should not be taken before or surgery as this can increase the tendency for you to bleed. Please check with us or your Pharmacist if you are unsure.

### Recovery

Avoid strenuous activity, bending and lifting in the initial post-procedure period. Sleep with your head elevated on 2–3 pillows for several days to help reduce swelling. You may shower and wash your hair the following day .

## Laser Resurfacing

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You will be provided with detailed instructions on how to wash and care for your healing skin. Your new skin may remain bright pink or red early on but this will fade in the weeks following the procedure, the rate of which depends on the procedure and your skin type. Some people with sensitive skin may retain some pinkness for six or more months.

After seven to ten days, you can usually safely apply make-up to conceal this temporary colour change. Above all, in the months following treatment it's important to protect the treated area from the sun until the skin has returned to normal. Your new skin is more sensitive to UV rays. Using sun protection regularly will also help maintain the result and reduce any new sun damage to the skin.

On discharge, you will be given specific postoperative instructions to and a follow-up appointment will be made. These instructions will cover everything you will need to know in order to make your recovery as smooth and comfortable as possible.

## Scar Management

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All surgery results in scarring. To help you to achieve the best results, there are a number of options available to you once healing has occurred.