



TAMBOLI
EYELID & FACIAL PLASTIC SURGERY

Resurfacing Postoperative Instructions

What To Expect:

1. **Recovery** - You will be bruised and swollen after surgery. Do not expect to be a pretty sight in your early post-operative recovery. Most people feel like staying undercover for at least a week depending on how much surgery they have had. If your job requires you to be in contact with the public, you should probably plan to take vacation for about a week. You may want to discuss this with us.
2. **Pain** - You should expect some discomfort. The treated areas may burn or sting for the first 2 or 3 days. Try an over-the-counter pain reliever like Tylenol or Advil. Take these as directed on the package. You may use stronger pain medication also if this was prescribed at the time of surgery. If taking a prescription pain medication, limit your Tylenol intake to 4,000 mg/day. Artificial tears may be used as needed for eye comfort.
3. **Swelling** - Expect moderate swelling initially, especially on the first morning after surgery. This is your body's natural response to surgery. About 80% of the swelling will resolve in the first 2 weeks, but the residual 20% may last up to 6 months. The swelling will always be more pronounced upon awakening. You can reduce the swelling by using ice packs every hour for 10-15 minutes while awake for the first 3 days. You can use a cup of frozen peas in a Ziploc bag as it is very light and conforms to the area well. Sleeping on your back with the head of your bed elevated or in a recliner is the recommended position.
4. **Dressings** - Keep the new skin covered with a non-allergenic, water soluble ointment - such as Aquaphor ointment (available without a prescription), Vaseline or Stratacel. You will need to wash it off with a vinegar/water mixture 4-6 times daily.
 - *Recipe for vinegar/water soaks: Mix a solution of 1 teaspoon of white vinegar to one cup of distilled water. Every time you do the vinegar/water soaks, increase the amount of vinegar in the solution. You want the concentration of the mixture to be just below the level of burning/stinging. If the solution burns or stings when applied on the treated area, then dilute the solution with more distilled water until it does not. The vinegar helps prevent infection and also helps cut through the grease of the ointment, but too much can irritate the skin and impede healing so be sure to adjust the concentration as stated above. Each day your skin will tolerate higher levels of vinegar in the solution. Do not reuse the same solution for multiple soaks.
 - *How do to a soak: Dip plain nonscented paper towels the mixture until they are sopping wet and then apply to resurfaced area for about 5 minutes. The paper towel should be soaked when applied to the skin. Do not rub the skin that has been resurfaced, only dab the ointment off. The solution can be placed in the refrigerator for more cooling comfort. Use the vinegar soaks before applying the ointment 4-6 times daily for a least a week following resurfacing. **DO NOT** use skin preparations with additives like Vitamin E or Aloe. A steamy hot shower with the water running over the resurfaced area can be used to substitute only 2 of the vinegar soak washes.
5. **Crusting** - Expect moderate crusting especially for up to 10 days postoperatively. You will



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gently loosen and dissolve the crust with warm vinegar water soaks and applying ointment. Please do not scrape or rub the crust off.

6. Pigmentation - Expect the initial reaction of your new skin to be redness. This color may be splotchy and persist for weeks to months. You can conceal these color variations with makeup. Some people - especially those who tan easily - may develop a reactive hyperpigmentation following surgery. If you normally become hyperpigmented following an injury, you may do the same following laser surgery. This post injury inflammatory hyperpigmentation will eventually fade. However, if the hyperpigmentation is pronounced enough to be cosmetically objectionable, we can use bleaching skin creams to control it. If you think you might have this problem, you may discuss it with us at any time.

General Care:

1. Bathing - You may bathe or shower on the first day. Do not submerge your face underwater in a bathe, but it is ok to allow the water to run over your face in the shower. A shower/bath can replace only two of the vinegar/water soaks each day. Reapply ointment as indicated.
2. Exercise - Avoid strenuous exercise such as heavy lifting, bending with head below your heart or straining for the first 1- 2 weeks.
3. General Activity - There are no specific restrictions, but use common sense.
NO SUNBATHING!
4. Cosmetic Use – It is best to not use cosmetic makeup on the treated area until you are instructed at your follow-up visit. Once a layer of new skin forms, you may use hypoallergenic cosmetics to cover the blotchy, red appearance of the treated area. The redness will gradually fade away over several weeks to several months. From now on, be sure to cover your new skin with adequate sun blockers (at least SPF 15).

What To Watch For:

1. Infections - Infections are very uncommon, but can occur. Let us know immediately if you develop a fever, unusual swelling, discharge or pain.
2. Cold Sores - Common cold sores are caused by a virus. Even if you rarely (or maybe never) get them, occasionally the insult of surgery is enough to make your body more susceptible. If you see a crop of little blisters forming in the area of the new skin, let us know as soon as possible so that we may begin treatment.
3. Weeping - Expect your treated areas to ooze or weep a clear, slightly sticky liquid (a serous exudate) which dries as a golden crust. This weeping will last until the new skin forms - usually 5 - 7 days.