



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
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ABLATIVE LASER

PRE & POST-OPERATIVE INSTRUCTIONS

Beauty, vitality, form, function and balance in all things.

PRE-OPERATIVE INSTRUCTIONS

- Do not take any medication containing Aspirin or Ibuprofen (anti-inflammatory) for two weeks prior to your procedure.
- Refrain from using your homeopathic or multivitamins for two weeks prior to your procedure.

POST-OPERATIVE INSTRUCTIONS

- It is of the utmost importance that the skin remains 'moist' to prevent drying, cracking and bleeding.
- Epimax (tub with yellow lid) and Bactroban/Supiroban need to be applied regularly throughout the day for the first 5 to 7 days. Bactroban is applied first and then the Epimax over this.
- Bactroban can be stopped once the skin has healed. It is considered healed when there are no open areas or scabs. It may still be pink.
- Epimax must be used as your daily moisturiser, together with the Lamelle Serra Cleanser, for at least 4 weeks following the procedure. Please avoid incision areas if the laser procedure was combined with other facial surgery.
- Please do not use any normal cosmetics or make-up on the laser treated area before clearance has been given, as this will sensitise and irritate the skin.
- The laser treated area needs to be cleaned twice a day with gauze and Saline solution. Do not rub aggressively, but wipe "firmly" to remove residual cream and dead skin before reapplying Bactroban and Epimax.
- Please do not pick or pull on any loose skin as this could lead to scarring.
- It is normal for the skin to remain pink for up to 6 to 8 weeks following the procedure.
- Lycogel foundation can be applied once the skin has healed and Dr Toogood/MASC Therapist have advised that it is time to do so. The correct colour foundation will be selected for you once your skin has healed. Lycogel forms part of your laser pack.
- Decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet and be sure to increase fluid intake. Movicol may also be used as a stool softener.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not drink alcohol when taking pain medications.

ROUTINE POST-TREATMENT FOR FIRST 1 - 10 DAYS

1. Clean morning and evening with saline and gauze.
2. Apply Bactroban.
3. Apply Epimax.
4. No sunscreen or make-up is to be applied at this stage, so please stay out of the sun.

7 - 10 DAYS POST TREATMENT WHEN THE SKIN HAS HEALED (NO OPEN AREAS OR SCABBING) - START THE FOLLOWING ROUTINE

Morning:

1. Cleans with Serra Cleanser.
2. Apply thin layer of Lamelle Brighter Concentrate.
3. Apply Epimax cream.
4. Apply Heliocare Sunscreen SPF50.
5. Apply Lycogel foundation.
6. Please note it is not unusual for the products to sting initially while the skin is still healing.

Evening:

1. Cleanse with Serra Cleanser.
2. Apply a thin layer of Lamelle Brighter Concentrate.
3. Apply Epimax cream.

From 4 to 6 weeks following the laser treatment, you may commence your normal skincare routine.

The Lamelle Brighter Concentrate must be continued morning and evening under your moisturiser for 3 months following your treatment, to prevent any colour changes to the skin. Please remember that your skin is sun-sensitive for about 3 months. Sunscreen needs to be applied every day.

ACTIVITIES

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medication.

WHEN TO CALL

- If you have increased swelling or bruising.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache and vomiting.
- If you have an oral temperature over 38°C.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za