



RECONSTRUCTIVE CO2 POST-OPERATIVE INSTRUCTIONS



HOW TO CONTACT US

Blake Hospital Clinic

M-F 8 am- 4:30 pm

941-567-2876

After Hours Answering Service

941-567-2876

WHAT TO EXPECT AT HOME

- It is normal to have pain and burning in the areas of treatment. Within a few days, these symptoms will go away. The area should feel similar to a sunburn for a few days.

ACTIVITY

- If you are able, sleep with the treated body part elevated on a pillow for the first few nights after your treatment. This can help decrease swelling. Otherwise, there are no restrictions.

SURGICAL SITE CARE

- You may apply a cool compress immediately after treatment. Some people report a "hot" feeling which lasts a few hours to a few days.
- You can gently wash the area with lukewarm water and a gentle soap 3 times a day starting the morning after your treatment. WAIT 48 hours post-surgery to shower and AVOID hot water/steam on the treated area.
- For 48 hours after surgery, please apply bacitracin, Vaseline, or aquaphor twice daily to the treated areas.
- If you have compression garments, you may resume wearing them 48 hours after the procedure.
- If you have had Laser treatments to your face, you can use mineral based make-up 5-6 days after treatment, only once your skin has healed. For some treatments, healing may take 10 days or more.
- AVOID perfumes and perfumed lotions while your skin is healing.
- DO NOT pick at, or scrub peeling skin. Allow it to gently come off when you are washing the area.

OTHER SELF-CARE

- Make sure you eat healthy foods, including lots of fruits and vegetables. Drink plenty of fluids. A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several days. Take any pain medicines as directed. Take them with food and plenty of water.

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- DO NOT drink alcohol while you are taking pain medicines. Ibuprofen and aspirin can be taken at any time after surgery and are preferred to any narcotic.
- DO NOT smoke. Smoking slows healing and increases your risk of complications and infection.

WHEN TO CALL THE DOCTOR

- Increasing pain, redness, swelling.
- Side effects from medicines, such as rash, nausea, vomiting, or headache.
- A fever of 100°F (38°C) or higher.

FOLLOW-UP

- You will be seen within one week after your surgery to check the area.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery.