



John Hilinski M.D.
PLASTIC SURGERY

GUIDELINES

LASER SURGERY

PROCEDURE OVERVIEW

Laser resurfacing is performed to improve skin texture, tone, wrinkles, pigmentation, and overall skin quality. The treatment removes the outer layer of skin and stimulates new collagen formation, resulting in smoother, tighter, and more evenly pigmented skin. The treatment produces a controlled superficial skin injury similar to a second-degree burn. Proper aftercare is essential, as how you care for your skin during healing will directly impact your final result.

PROCEDURE-SPECIFIC PREOPERATIVE CONSIDERATIONS

Skin Preparation

- You may be prescribed hydroquinone cream to begin 10–14 days prior to treatment. Apply a thin, even layer once daily to the treatment areas to help reduce the risk of post-treatment pigmentation.
- Begin using exosomes at least 2 weeks prior to the procedure, as directed.
- Avoid sun exposure and self-tanning prior to treatment.
- If you have been on isotretinoin (Accutane), you must not have taken it within the past 9 months.

Medications

- You will be prescribed an antiviral medication (such as valacyclovir, acyclovir, or famciclovir). Begin this 2–3 days prior to treatment and continue as directed to reduce the risk of viral infection.
- Dr. Hilinski will typically prescribe an oral antibiotic to begin taking the day of the procedure.
- Additional medications may include pain medication and, in select cases, oral steroids to reduce swelling.
- Pick up all prescriptions in advance of your procedure.

SUPPLIES

Please obtain the following supplies prior to your procedure:

- Washcloths or gauze
- White vinegar
- A mild cleanser such as Vanicream or Cetaphil
- Vaseline, Aquaphor, or similar ointment
- Moisturizer
- Sunscreen (zinc or mineral-based)

WHAT TO EXPECT AFTER TREATMENT

- Your skin will appear red, swollen, and covered with ointment immediately after treatment.



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- A yellowish fluid or crusting will develop during the first several days. This is a normal part of healing and should not be scrubbed or forcibly removed.
- Swelling is expected and may be more pronounced around the eyes. This typically peaks around days 3–4 and then improves.
- Burning, warmth, tightness, and itching are common during early healing.

INITIAL CARE (FIRST 24 HOURS)

- Apply cold compresses using a clean cloth soaked in cold water 3–4 times per day for 10–20 minutes each session. Continue this for the first 4–5 days after treatment to help reduce swelling and discomfort.
- Keep the skin continuously covered with a thin layer of ointment. The skin should never be allowed to dry out.
- Wash your hands before touching your face.

REGENERATIVE ADJUNCTS (OPTIONAL)

Exosomes are optional regenerative topical agents that may help support healing, reduce inflammation, and enhance collagen production. They are used selectively, are not required for all patients, and should be used only as directed. We offer these products in the office.

- Begin using exosomes 48 hours after your procedure, as directed.
- Apply the exosomes topically to the lasered areas and allow them to dry for 10 minutes. Thereafter, you may continue with acetic acid (vinegar) cleansing and/or application of topical emollients.

WOUND CARE AND CLEANSING

Days 2–5

- Begin cleansing the treated areas starting the day after your procedure.
- Cleansing should be performed approximately 4–6 times per day using vinegar soaks.
- Prepare the solution by mixing 1 teaspoon white vinegar with 1 cup of clean water.
- Soak gauze in the solution and apply to the treated skin for approximately 20 minutes, allowing it to adhere and remain in place during the soak.
- After removal, gently lift away loosened debris without scrubbing.
- Reapply a thin layer of ointment immediately after each cleaning session. Do not allow the skin to dry out at any time.

Days 5–10

- As healing progresses, drainage and crusting will decrease.
- For areas that are no longer raw or weeping, stop vinegar soaks and transition to a moisturizer.
- For any remaining raw areas, continue vinegar soaks and ointment until healed.

Transition Phase (Approximately Days 7–10)



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- Once the skin surface is smooth and pink, discontinue occlusive ointment and begin using a gentle moisturizer.
- Apply moisturizer frequently throughout the day to prevent dryness.

SUN PROTECTION

- Once you begin leaving the house, sunscreen is required.
- Use a mineral-based sunscreen and apply at least twice daily.
- Avoid direct sun exposure for several weeks.

SHOWERING

- Avoid getting the treated areas wet for the first 4–5 days. You may shower from the shoulders down during this time.
- After this period, allow water to gently run over the face without scrubbing.

SLEEPING

- Sleep with your head elevated so that it remains above the level of your heart for the first several days. You do not need to sleep upright.
- A travel pillow may help maintain position.

ACTIVITY

- Avoid strenuous activity for approximately 7–10 days.
- Light activity is acceptable early in recovery.

DIET

- Start with a soft or liquid diet for 1–3 days.
- Maintain good hydration and adequate protein intake.

IMPORTANT PRECAUTIONS

- Do not pick, scrub, or exfoliate the skin.
- Do not apply any products other than those recommended.
- Avoid products containing fragrance, alcohol, or active ingredients during healing.
- Avoid heat exposure such as saunas or hot tubs for at least 3–4 weeks.

COMMON HEALING FINDINGS

- Redness is normal and may last several weeks to months.
- Temporary hyperpigmentation may occur and typically resolves with proper treatment.
- Mild acne, milia, or sensitivity may occur during healing.



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FOLLOW-UP

- Your first follow-up visit is typically within 7–14 days after treatment.
- Additional visits will be scheduled as needed.

WHEN TO CONTACT OUR OFFICE

Contact our office if you experience increasing pain after initial improvement, signs of infection, fever greater than 101°F, severe itching, blistering, or any concerns regarding healing.