



Kimberly Cockerham, MD, FACS
Oculofacial Plastic Surgery
Eyelid & Orbital Oncology
Thyroid Eye Disease
Neuro-Ophthalmology

SKIN RESURFACING DISCHARGE INSTRUCTIONS

Name: _____ Date: _____

General Expectations:

- Avoid direct sunlight
- Keep skin moist and cool to aid healing
- Avoid environmental irritants during healing process (eg, dust, dirt, aerosols, cleaning agents)
- Avoid dryness and excessive heat (no cooking or vigorous exercise during healing process)
- Stay hydrated, eat healthy foods and avoid alcohol
- Redness and a sunburn-type sensation normally lasts several hours
- Neck redness is more persistent and will usually last several days longer than face redness
- Face will normally bronze and peel within 3-5 days (Note: skin below neck normally requires up to 2 weeks to bronze and peel)

Day of treatment:

- Keep treated areas covered with topical antibiotic ointment as instructed by physician
- May take an analgesic for discomfort (Tylenol or Motrin)

Day 1 (First day after treatment):

- Avoid direct sunlight and excessive heat
 - Begin washing face as needed with tepid water and gentle cleanser
 - May take tepid shower and wash hair
1. Apply the vinegar soaks and ointment to the resurfaced areas every two hours while awake. Vinegar soak recipe: Mix 1 tablespoon of distilled white vinegar with 1 cup of chilled water. Use a sterile gauze to apply the solution to the resurfaced skin. Dry the skin using a clean gauze.



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2. Apply Bacitracin ointment over the resurfaced areas once daily.

Day 2 - 3

- Swelling should subside and skin may bronze and feel gritty.
- Itching tends to begin on this day
- Continue applying vinegar soaks & ointment
- Continue washing face with gentle cleanser and tepid water
- AVOID picking and/or scratching

Day 3 - 7

- Facial skin should begin peeling
- Continue washing face with gentle cleanser (e.g. Cetaphil) and distilled water
- Itching may persist; take oral Benadryl at bedtime
- Continue applying vinegar soaks & ointment for comfort; transition to gentle lotion (e.g. Cetaphil as soon as it does not burn) and non-irritating SPF 50+.

One Week to Two Months

- Avoid any skin products that contain acids or Retinol/Retin A
- Once the skin is healed, usually after day 7-8, continue to avoid direct sunlight to the resurfaced area as much as possible. Wear Sunblock every day and reapply if outside.

Call or Text Dr. Cockerham if you have any questions or concerns: (650) 804-9270

Patient's Signature: _____ Date _____

Physician's Signature: _____ Date _____