

CO2 Laser Resurfacing with Upper Blepharoplasty, Lower Blepharoplasty, or External Ptosis Repair After-Care Instructions

IMPORTANT - Read these instructions in their entirety. Refer to your "CO2 Laser resurfacing Patient Care Guide" for full details, product suggestions, and a recovery timeline

- Sleep elevated and spend the next couple of days resting
- Do not rub your eyelids, wear contact lenses or make-up for the next 2 weeks
- Avoid sun exposure
- No showers for the first 4 days
- Apply cool compresses to the eyelids and lasered skin for swelling
 - Eyelids and Lasered skin: 15 minutes every hour while awake for the first 48 hours, then at least 6 times daily the next 2 days
 - A clean, distilled-water-soaked washcloth or gauze works well
- Apply a soaked gauze or clean towel in a diluted vinegar solution to laser treated skin
 - Mix 1 tsp white vinegar + 1 cup distilled water. Keep chilled.
 - Days 0–7: Apply at least 4 times daily for 1 minute.
 - Vinegar soaks will continue through day 10 as instructed in the care guide
- Between vinegar soaks, you may cleanse the lasered areas using only distilled water for the next 5 days—**avoid tap water**
- **Use only non-medicated occlusive ointments (Aquaphor, Vaseline, Vaniply) on lasered skin.**
 - Reapply every few hours as needed to keep laser treated skin moist
- If you had upper eyelid surgery:
 - Apply topical antibiotic ointment to the upper eyelid incision 2–3 times daily, **do not apply antibiotic ointment to lasered areas.**
- If you had lower eyelid surgery:
 - Instill antibiotic eye drops 3–4 times daily.
 - Check vision hourly on day 1 by covering each eye and ensuring you can see your fingers clearly. Call the office ASAP if you cannot or have severe pain or swelling.
- To relieve burning or foreign body sensations from dry eyes, use single vial preservative-free artificial tears 4 times daily or more as needed.
 - Recap vials after each use and **discard any opened vials after 24 hours**
- Avoid strenuous activity, heavy lifting over 10 lbs, bending, excessive sweating, or straining for the next 2 weeks
- Hypochlorous acid spray, available on Amazon as Ocusoft, may be used for itching.

Call the Office If You Experience:

- Pain, pus, increasing redness, unusual blisters or severe itching, prolonged swelling of lasered skin and any vision changes

Questions or concerns? Contact our office at 843-790-7582.