CO2 Laser Skin Resurfacing

SAVANNAH FACIAL PLASTIC SURGERY
5356 Reynolds Street
Suite 510
Savannah, Georgia 31405
912.644.0744
Greetings from the Savannah Facial Plastic Surgery team.

Our practice is committed to providing you with a superior level of care in a friendly and personalized environment. Our practice is dedicated to providing exceptional facial plastic care for our patients.

We are very proud of the relationships that we have established with our patients from Savannah and the surrounding region. Our team is focused on maintaining your trust and confidence and hold ourselves to a high level of excellence in every aspect of our practice.

We look forward to building a long lasting relationship with you!

Sincerely,

Timothy J. Minton MD, FACS
About the surgeon

Dr. Timothy J. Minton is the region's only Fellowship Trained, Double-Board Certified Facial Plastic & Reconstructive Surgeon. He is a highly trained sub specialist surgeon whose practice is completely dedicated to providing the highest level of care and service in the field of facial plastic surgery. He has extensive training and experience with functional and cosmetic nasal surgery (rhinoplasty, septrhoplasty, sinus surgery), head, face, and neck skin cancer reconstruction, cosmetic facial and neck surgery, and non-surgical facial rejuvenation. He proudly serves patients in the greater Savannah region, as well as the Lowcounty of South Carolina including Bluffton and Hilton Head.

He earned his medical degree from the State University of New York and was elected to the Alpha Omega Alpha Medical Honors Society. He then completed a 5 year residency training in Otolaryngology/Head & Neck Surgery which included extensive training in reconstructive facial plastic surgery. He was then accepted to a prestigious fellowship with the American Academy of Facial Plastic and Reconstructive Surgery in Latham, New York. Dr. Minton continued his career by serving as the medical director of a medical spa and aesthetic center and chair of the surgery department in his previous practice in New York.

In addition to these achievements, Dr. Minton has been committed to education and research throughout his career, having co-authored several articles and two book chapters on otolaryngology and facial plastic surgery. He has also given more than twenty presentations on these topics at various medical conferences. Dr. Minton is a Diplomate of both the American Board of Facial Plastic & Reconstructive Surgery and the American Board of Otolaryngology Head & Neck Surgery. He is an active member of many professional organizations, including the American Academy of Facial Plastic and Reconstructive Surgery and the American Academy of Otolaryngology, Head and Neck Surgery.
Savannah Facial Plastic Surgery Team

Timothy J. Minton MD, FACS
Facial Plastic Surgeon

Angela Merritt FNP-BC
Nurse Practitioner

Brianna Sapp FNP-C
Nurse Practitioner

Sharon Durrence
Surgical Technician

Melanie Tuten
Practice Manager

Kimberly Richardson
Head Aesthetician

Jason Cook LPN
Licensed Practical Nurse

Gina Jarrell
Receptionist

Frances Abrams
Patient/Surgical Care Coordinator

Diane Sauers
Cosmetic Scheduler

Erin Smith
Aesthetician

Dacy Gaston-Weiss
Nurse Injector
Lutronic CO2 Laser Resurfacing

For years, doctors have used CO2 lasers to treat various skin conditions. A newer generation of CO2 lasers have the power to deliver very short-pulsed light energy (called ultra-pulsed) or continuous light beams. This type of laser precisely removes thin layers of skin with minimal damage to your surrounding tissue.

Laser skin resurfacing treatments can be uncomfortable. To ease any discomfort topical anesthetics will be applied to numb the skin. For extensive resurfacing, you may also receive a sedative to help you relax. In preparation, your face will be thoroughly cleansed and you will be given eye protection.

Carbon dioxide (CO2) laser resurfacing works by vaporizing superficial, damaged skin cells.

Skin that’s treated with laser resurfacing may react in different ways. Most of the time, it will feel like a mild sunburn. You will have some redness and possible swelling. You may also experience itching or stinging for a few days after the procedure.

Depending on the treatment, some people may have what looks like a severe sunburn. The skin will be raw, oozing, and may even blister. A yellow liquid may ooze from treated areas to form a crust. Do not scratch or pick at crusts because this can cause scarring.

Usually, about five days to a week after laser skin resurfacing, your skin will become dry and peel.

Complications of laser skin resurfacing

- Acne flares
- Bacterial infection
- Cold sore activation. This may occur if you have laser surfacing around your mouth. Be sure to mention if you have a history of cold sores. You can prevent the reactivation by taking the prescribed antiviral medication before and after the procedure.
- Hyperpigmentation. It’s possible the treated area can become darker in tone. If necessary, we may recommend a topical bleaching cream. More rarely you may have hypopigmentation, a lightening of the skin tone.
- Milia. These small white bumps may appear during healing. They can be removed by gentle cleansing with a washcloth.
- Prolonged redness. For some people, the redness just takes longer to disappear.
- Scarring. This is rare, but possible.
- Swelling. If you are having laser skin resurfacing around your eyes, we may prescribe an oral steroid to manage this swelling.

Adverse Events:

- Infection at the treatment site: Occasional infections can occur. If not treated promptly, these could result in scarring.
- As with the use of any laser system, scarring is a possibility, but rare.

These risks and others will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.

**Patient Copy**
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The procedure and the possible risks have been explained in detail and my questions have been answered satisfactorily. I have also read the above and accept the risks and potential complications of the procedure.

Printed Name ________________________ Date _______________

Patient Signature __________________________________________________________________

**Office Copy**
PRE-TREATMENT INSTRUCTIONS

1. Please schedule 7-10 days off work/active social life.
2. Please limit sun exposure starting at least 2 weeks before the procedure and continue to limit exposure for 2 weeks after the procedure.
3. Arrange for a driver to pick you up after your procedure.
4. Please discontinue use of the following blood thinners: Aspirin, non-steroidal anti-inflammatory drugs (NSAIDS) such as Motrin, Celebrex, Aleve, Ibuprofen and anticoagulants such as Coumadin, Warfarin, Marevan, Lawarin and Waran 10 days before the procedure. If these medications have been prescribed by another physician/are medically necessary, please inform Dr. Minton and speak with your prescribing physician before discontinuing any necessary medications. Tylenol (acetaminophen) may be taken for discomfort.
5. Supra-therapeutic dose of Vitamin E and other herbal supplements have also been associated with increased bleeding and bruising. If possible, discontinue for 10 days prior to the procedure.
6. Discontinue Retin-A and skin care products containing retinoids or glycolic/salicylic acid for 2 weeks before the procedure.

Medications:
Prior to the procedure, you will be prescribed a(n):

- antibiotic for infection prevention
- antiviral for cold sore prevention
- anxiolytic to ease pre procedure anxiety
- corticosteroid to relieve swelling

Be sure to inform our office of any drug allergies. See directions on prescription label and take all medications as directed.

Please have the following items ready BEFORE your treatment day:

1. Bottled Water, 16 oz. (several bottles)
2. White Distilled Vinegar
3. Sunscreen with 30 SPF or higher.
4. Drinking straws
5. Benadryl 25mg (over-the-counter) – this is just in case you experience any itchiness. This medication will cause drowsiness so do not drive if you take Benadryl.
6. Hair ties to keep hair off your face and neck during procedure and post 48 hours
7. Three large packages of gauze pads (4x4) – can be found at Walgreens, CVS or Target

Home Environment: make sure that you have a room free from direct sunlight. Vacuum the room and laundry linens to cut down on risk of infection.
Day of Procedure

1. Plan to be at our office for approximately 1 hour.
2. Wear comfortable clothes, preferably a loose-buttoned shirt.
3. No makeup, mascara, eye shadow – all treated skin areas should be clean.
4. No contact lenses - wear your glasses.
5. Shower and wash hair prior to procedure.
6. Take medications as directed.
7. Arrange to have a friend/family member pick you up.

We will provide a “Post-Care Kit” which includes:
   a. MintonMD Nurturing Botanical Wash to be used twice per day.
   b. Avene Hydrating Mist to be used as often as you’d like for relief of dryness throughout recovery.
   c. SkinCeuticals Biocellulose Masque may be used 2-3 days post-procedure to soothe healing skin.
   d. MintonMD Squalane Gel to be applied at least twice per day for 2 weeks or until the treated area no longer feels dry/tight. You may use as often as needed for added moisture. Only a thin layer is necessary, a small amount of this product goes a long way. The Squalane Gel provided will last throughout your recovery period.
Wound Care Regimen

What you need:
1. Dry Gauze
2. Water (16 oz. Bottle Preferred)
3. White Distilled Vinegar
4. Clean Bowl/Container
5. Tablespoon.

To prepare the vinegar water:

1. Add 2 tablespoons of white distilled vinegar to every 16 oz. of water. If using bottle water, pour 2 tablespoons of water out, then add 2 tablespoons of white distilled vinegar, store in the refrigerator.
2. Shake or stir gently.
3. Place 5-10 gauzes inside the container and carefully add in vinegar water until all gauzes are saturated.

Instructions for use:

1. Wash hands thoroughly with soap, rinse and dry before each wound care session.
2. Designate the non-dominant hand and the “clean” hand for retrieving wet gauze and transfer the gauze to the dominant hand for cleansing.
3. Use the gauze to gently pat any oozing/bleeding/Gel on the treated area. Use gentle pressure. Make sure that vinegar water is in contact with the skin for at least 5 minutes. Soak longer for area with crusting. Pat dry with dry gauze. Always apply the Squalane Gel over entire treated area after each vinegar soak.
4. Perform vinegar soaks every 2-3 hours (while awake) during the first 24 hours. Set up alarm to wake up at least once during the first night for cleansing. You may gradually decrease vinegar wash to ever 3-4 hours on day 3. Continue vinegar wash 2-3 times a day from day 4 to day 7. You may discontinue vinegar wash after day 7.
WHAT YOU MAY EXPERIENCE:

**Post Laser Pain (Usually Minimal To None)**
If you are experiencing pain:
- Take Tylenol, 1-2 tablets every 4 hours
- Apply cold compresses to treated area once every 2 hours and call our office at 912-644-0744.
- After hours, calls will be directed to our practice call service and Dr. Minton and/or the covering practitioner will be notified.

**Peeling and Dry Skin**
Dry skin is usually reported 3-4 days post procedure and resolves with peeling. Peeling is normal and can occur 4-7 days after your procedure. Secondary round of peeling has been observed 1-2 weeks later. You may use the Squalane Gel until the dryness/peeling resolves.

Management:
- Do not rub/scrub the skin or try to facilitate peeling by pulling on loose skin.
- Continue to moisturize the area with the Squalane Gel to help relieve dry skin.

**Itching**
Itching may occur once the skin begins to resurface. This usually occurs between days 3-5 post procedure and may last up to 1 week. The neck and chest (if treated) are common areas for this to occur because they have less oil glands than the face.

Management:
- Oral antihistamine (such as Benadryl or Claritin)
- Topical over-the-counter 1% hydrocortisone cream, twice/day
- Cold compresses (20 minutes on and off) as needed to alter sensation
- Prescription topical steroids

**Acne or Milia (White Heads)**
Flare-ups of acne or formation of Milia may be due to the use of Squalane Gel. This may appear 3-4 days post treatment. Usually self-limiting and resolves within 1 week.

Management:
- Do not pick at them. (This is very important – picking may cause scarring or pigmentation).

**Pigment Changes**
Management:
- Continue sun avoidance and sun protection.
- Bleaching agents may be recommended; use them as directed by Dr. Minton
**Redness/Swelling**
Redness and swelling are common. While swelling usually resolves within one week, redness usually becomes very faint by one month, but may last up to 6 months.

**Management:**
- Use frozen peas/ice pack wrapped with paper towel/towel for 20 minutes (once an hour or as frequently as needed) on the treatment area for the first 2 days post procedure. It is not necessary to remove Squalane Gel to apply frozen peas/ice pack. After the first 2 days, you may want to continue applying ice where needed once every 6 hours.
- Oral antihistamine (such as Benadryl or Claritin) taken at bedtime may reduce some inflammation and irritation.
- Increase water intake and reduce consumption of salt.
- Stay in an upright position as much as possible to reduce swelling and promote healing.
- Cover-up mineral makeup may be used 7-10 days post procedure to conceal residual redness.

**Bleeding/Crusting/Exudates**
Because laser beams penetrate into deep dermal layers, clear fluid (exudates) or blood may ooze from the skin for the first 48 hours. Crusting or scabbing may form when exudates or blood dries.

**Management:**
- Soak the treatment area with vinegar water every 2-3 hours and apply Squalane Gel.
- Do not rub/scrub.
- Do NOT pick any scab, no matter how small!

**Call our office promptly if:**
- Pain that is not relieved by Tylenol
- Signs of infection:
  - Heavy white/yellow drainage
  - Foul/malodorous drainage
  - Fever (100.4 or above)/chills
  - Extreme tenderness
  - Warm to touch

If any of the above occur, please call **912-644-0744**. After hours, calls will be directed to our practice call service and Dr. Minton and/or the covering practitioner will be notified. If you are concerned about infection and cannot reach us, please go to an urgent care or ER.
After Care

**DO:**
1. Wash hands. Hand washing is the most important prevention against infection. Always wash your hands prior to touching the treated area.
2. Cool Compresses. Immediately post-treatment, cool compresses may be used to soothe the skin. Refrigerated, saline-soaked gauzes are recommended as well as the solution of household vinegar to water.
3. Cleanse. Use only a very gentle cleanser (MintonMD Nurturing Botanical Wash or Cetaphil).
4. Moisturize. Apply a thin layer of the MintonMD Squalane Gel. Remember to apply the Squalane Gel after each wash.
5. Soak treated areas for 15 minutes with wet gauze to gently remove debris every few hours for first few days. This can be done in the shower. Treated areas should not be picked at or scrubbed.
6. For 48-72 hours, keep head elevated at all times even while sleeping (2-3 pillows) to help reduce swelling and pain. Head must be elevated above the heart. The normal response to this procedure is swelling of some degree. However, if there is excessive swelling or infection, the treated person must contact the practitioner immediately.
7. After day 7, sunblock will be very crucial when going out in the sun. We highly suggest one with UVA and UVB protection, containing a 30 SPF or higher. Do not expose your skin to the sun. Remember, UVA light passes through house and car windows.
8. Please wear a wide-brim hat for better sun protection when leaving your home.
9. Be sure to finish ALL of the medication as prescribed, especially your antibiotic.

**DON’T:**
1. We recommended avoiding salt and alcohol and increase fluid intake to prevent water retention.
2. Avoid strenuous exercise for 10-14 days or until skin has healed (no crusting/scabbing/open wounds) to prevent infection. Walking or light exercise is okay after 7 days.
3. The use of Tretinoin (Retin-A/Retinols) should be avoided for 2 weeks post treatment.
4. Aspirin, non-steroidal anti-inflammatory drugs (NSAIDS), Naprosyn (naproxen), or any medication that prolongs bleeding time may cause bruising and should not be used for pain management for 3-4 days after treatment.
5. Avoid showering of face and neck for 48 hours after the procedure to avoid any water pressure to the treated area. You may bathe.
6. It is very important that you do not use any other products except the ones recommended by Dr. Minton during the healing period.
Cosmetic Proposal

Patient Name:_________________________________________ DOB:________ Date:____________

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Total Cost of Treatment ____________ Deposit Amount __________
Discounted Total with Cash/Check ____________ Remaining Balance __________

The amount indicated is for the treatments listed above. Cosmetic treatments cannot be billed to insurance.

Quotes will be honored for 6 months from ____/______/20_____. To reserve your treatment date, a 10% deposit is required. The remaining balance is due upon arrival to the scheduled treatment; if balance is not paid, your treatment will be cancelled and the deposit forfeited.

Deposit will be forfeited if you “no-show” or do not cancel within 48 hours of your treatment.

Treatments are generally scheduled at least 3-4 weeks in advance, we recommend reserving a date as soon as possible. To schedule, please contact our cosmetic scheduler at 912-644-0741.

Patient Printed Name ___________________________ Date __________________

Patient Signature ___________________________ ______________________

Staff Signature ______________________________________________________________________