

Post Laser Precaution and instruction Sheet

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Laser is an effective way to treat many conditions. While the initial post-op period is uncomfortable and inconvenient, the results are worth it. Recovery is slow at first, but then progresses quickly, Please follow the instructions and precautions here to ensure you have the smoothest and least uncomfortable course possible.

Please note there are several over the counter items you might need to purchase before your case.

Diet:

Consume a balanced diet with plenty of fiber to prevent constipation, which can strain the treated area. Adequate hydration is also essential.

Medications:

Take any prescribed antibiotics or antiviral medications are prescribed.

Discomfort:

A proactive approach will help minimize discomfort.

1. Apply ice or cool packs for the first 12-24 hours. The ice should not be left in place throughout the entire 12-24 hour time period; instead it should be applied at 15-20 minute intervals with 1-2 hours between applications of ice packs.
2. Over-the-counter pain relievers like ibuprofen or acetaminophen can help. Establish a foundation of alternating Tylenol and ibuprofen. Each is taken every 6 hours but they are alternated, so that something is taken every three hours. The correct dose of acetaminophen, aka Tylenol, is 1000 mg by mouth every 6 hours. The correct dose of ibuprofen, aka Motrin, is 600 mg by mouth every 6 hours.
3. If you were prescribed narcotic pain medications, take them only as needed and only if the over the counter pain meds are insufficient. Be advised narcotics promote constipation which can put strain on the area. A stool softener may be needed. Colace, an over-the-counter stool softener, is recommended.
4. Topical medications like lidocaine gel, A and D ointment, Silvadene for those not allergic to sulfa, bacitracin, vitamin E or coconut oil can offer relief. Lidocaine gel may be used up to six times in 24 hours.

Hygiene:

Cleanse the area with salt-water solution after each void or bowel movement, if soiled. The salt-water solution to be used is 0.9% sodium chloride solution that is available at pharmacies or can be made by adding 1 tablespoon of salt to 1 quart of water, boiling the solution and cooling it prior to application.

Take a sitz bath three times per day with warm water and instant ocean, sea salt or Epsom salts. The duration of the bath should be approximately 15-20 minutes per bath and not to exceed three baths per day. Two tablespoons of the salt solution should be placed in a bathtub that is half full. Dry the area well thereafter with a hair drier set on low. Apply topical medications or treatments afterwards.

You can take warm showers and baths, but stay out of swimming pools, natural bodies of water or hot tubs for the specified time frame given by your physician.

Do not use scented soaps, lotions, or perfumed products in the treated area, as they can irritate the skin.

Activity:

Avoid strenuous activities, heavy lifting, or vigorous exercise for the time recommended by your physician.

Refrain from sexual activity, including vaginal, anal, and oral intercourse, until your physician gives you the green light. This is usually for a period specified by your doctor.

Precautions:

The following are indications for contacting your physician on a timely basis:

- Severe or worsening pain that is not relieved by over-the-counter pain relievers
- Increased redness, swelling, or discharge from the treated area,
- Signs of infection, such as pus, fever, or chills.
- Bleeding more than spotting

Follow Up:

Attend all scheduled follow-up appointments with your physician. They will monitor your progress, assess the healing process, and course correct as needed.

