

POST-OPERATIVE CARE INSTRUCTIONS LASER SURGERY

1. Following laser surgery, it is normal for a black "char" layer to be visible over the surgical site. This should be left alone and will disappear in approximately **three** days. The char layer is a normal part of the laser surgery healing process.
2. **Do not brush** the surgical site until instructed to by the doctor.
3. Following surgery, there should be minimal bleeding. If bleeding occurs, apply pressure with gauze or a moist tea bag.
4. For the **first 24 hours**, only consume **soft** food. Avoid very hot and spicy foods.
5. If you experience any discomfort, take Tylenol, Advil, or medication we have prescribed. Occasionally, discomfort may first occur several days after surgery.
6. Do not participate in any excessive exercise for the first **48** hours.

**If you have any questions or problems,
please feel free to contact the office at any time.**



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