

## LASER SURGERY

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



### ACTIVITIES

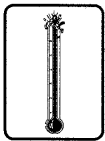
Rest today. Do not go out in the sunshine without a sunblock of SPF 30 for four (4) weeks.



### SPECIAL CARE NEEDED

**After vascular lesion treatment:** Your skin may be slightly red and swollen for a short time. There may be a small blister in the treated area. Wash the area gently with soap and water. Use your normal lotion unless there is a blister. If you have a blister, put Bacitracin or Neosporin ointment on it two times each day. If you have pain, you may take Tylenol or ibuprofen unless your doctor has told you should not. You may put ice on the affected area (20 minutes on/20 minutes off) over the next 24 hours. The area will gradually lighten, usually after multiple treatments.

**After general anesthesia:** Stay in bed if you feel dizzy or light-headed. Watch children closely to prevent accidents and injuries. Check for difficulty breathing or a barking cough. If there is any breathing problem, call the doctor. Possible side effects you need to know about include sore throat, shivering, memory lapses, bad dreams, thirst, upset stomach or gas.



### INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon) or swelling

**Call 911 if you have chest pain or shortness of breath**