

## Aspire Procedural Information Guide Laser Skin Resurfacing

Welcome to your Aspire Experience. This is your informed decision informational packet. It will give you information concerning your Aspire surgical experience from the start to the completion. It is important that you read this information carefully and completely.

Ever wish you could simply zap certain flaws on your facial skin? That fine lines, acne scars and liver spots could be simply erased?

A new generation of lasers has made that possible.

Thanks to laser skin resurfacing, you can “zap” minor flaws with a short, intense pulse of light and remove them. A laser can treat:

- Wrinkles around your eyes or mouth
- Acne and chickenpox scars
- Sun-damaged skin
- Liver spots
- Warts
- Some birthmarks
- Enlarged pores on the nose

Laser skin resurfacing can offer you a fresh, smooth canvas and even turn back the clock—the results are often astonishing!

### **Consultation**

If you're considering laser skin resurfacing, you'll first meet with Dr. Lee. He will examine your skin, take photos for your records and discuss with you your goals for your laser treatment.

Different intensities of laser skin resurfacing can produce different results. Multiple sessions may be necessary. Dr. Lee will determine the course of action best for your skin type.

Be prepared to share your medical history, including previous surgeries, medical conditions, drug allergies and current medications. Tell Dr. Lee if you've previously used Retin-A or Accutane or had previous chemical peels or laser treatments.

Because laser skin resurfacing is a cosmetic procedure, it is not typically covered by insurance. But if it's being used to treat precancerous skin conditions or improve certain types of scars, your insurance company may offer some coverage. The Aspire team can help you with this.



### **Before Your Laser Skin Resurfacing**

Knowing what to do and what to expect before your procedure will make for the best possible outcome.

If you're a smoker, you will be asked to stop smoking well before your treatment. You may be asked to use a preparatory solution on your skin for as long as six weeks before your procedure.

Your procedure could be performed in our office or at the fully accredited Southwest Surgical Suites or another accredited facility. They will contact you prior to your procedural date to review medical history and instructions. They will give you pre-operative instructions.

If you receive more than a local anaesthetic, be sure to arrange for someone to drive you home after surgery and to stay with you at least the first night following surgery.

### **Your Laser Skin Resurfacing**

Upon arrival at the surgical facility and after registration, you will be escorted to the preoperative area where you will be prepared for surgery. One guest may be with you until you go into the operating room. Your physician will meet with you prior to your procedure.

In laser skin resurfacing, a laser is used to remove the outer layer of your skin. At the same time, it heats the underlying skin, which stimulates the growth of new collagen so that your new skin will be more smooth and firm.

Dr. Lee may use the laser uniformly across your skin to produce an even injury similar to a deep chemical peel or dermabrasion. Or he may use the fractional resurfacing technique, in which he drills small holes into your skin; as it heals, it tightens across these damaged areas. Fractional laser treatment means less surface injury, but it comes with a risk of deeper injuries.

The procedure can take from a half-hour to as long as two hours, depending on the area to be treated.

### **After Your Laser Skin Resurfacing**

When your surgery is complete, you'll be taken into a recovery area where you will be closely monitored. Although the time varies, most patients are discharged in one hour after the procedure.

After your procedure, your skin will be bandaged to protect it. You may experience some redness, swelling and stinging. If your treatment was extensive, your skin may ooze and even blister as it heals; after about a week, it will dry and peel.

You may need to change your bandages and apply special cleansers and solutions repeatedly for several days after your laser skin resurfacing. You will need to avoid sun exposure; even after your skin heals, you'll need to use sunscreen liberally, as your skin is likely to be more sun sensitive for a significant period of time. Men will need to avoid shaving for a while.

Sleeping with an extra pillow under your head at night may speed your recovery, as may ice packs. Your skin will be pink to red for several months, and the redness may not fade entirely for up to a year. You may be able to use camouflage makeup after a couple of weeks. You should be able to return to work after a week or two.



### **Important Facts About Laser Skin Resurfacing Risks and Complications**

Laser skin resurfacing is a relatively safe procedure. And Dr. Lee is a board-certified plastic surgeon with decades of experience. But every procedure comes with risk. Those specific to laser skin resurfacing include:

- Acne flares
- Bacterial infection
- Cold sore reactivation
- Hyperpigmentation
- Prolonged redness
- Scarring
- Swelling

Many spas and other facilities are now offering laser skin resurfacing without any oversight. But Dr. Lee is a board-certified plastic surgeon, and he has carefully trained his staff to deliver the same thorough, careful approach. You can trust the Aspire specialists to provide a safe procedure and the best outcome possible.

### **The Results of Your Laser Skin Resurfacing**

While you may notice the only the pinkness at first, your skin will grow more beautiful as it heals further each day. Soon, you'll see your younger-looking, blemish-free face in the mirror. And with deeper resurfacing, the results will be long-lasting.

To protect and sustain your fresh new look, Dr. Lee can recommend several remarkable products from the Aspire skin care line. Avoiding sun exposure and cigarette smoke and eating a skin-friendly diet will also allow you to enjoy the results of your laser skin resurfacing for years to come.

The key to a truly successful laser skin resurfacing is maintaining an open line of communication with Dr. Lee and adhering to his recommendations. He and his team are eager to respond to your questions—they are your partners in achieving the results that you seek.