



Desert
Eyesthetics

OCULOFACIAL PLASTIC SURGERY

- For the next week, apply only the three (3) skin care products you received from Dr. Garcia.
 - **JanMarini or ZO Gentle Cleanser**: Wash your face only once or twice per day starting on the morning after your procedure. Your skin is its own natural bandage, and it should not be excessively washed or scrubbed over the next week.
 - **ZO Revitrol Epidermal Repair Crème**: Apply liberally for the first two days, every 2-3 hours. It is important to keep the skin well-hydrated. Starting on Day Three, you may begin to taper down the frequency of application.
 - **JanMarini Physical SPF**: Starting on Day Three, you may apply this SPF which is a laser-safe product to protect your skin from the sun. If you need to be out-and-about starting on Day Three and forward, it is essential that you protect your skin with big hats, large sunglasses, and proper use of this SPF which means reapplication every 90 minutes.
- What to expect in general as your skin heals:
 - **Day One**: Red and Puffy with a tight sensation; some patients also feel a warm, flush awareness
 - **Day Two**: Red and Puffy
 - **Day Three**: Bronze and Puffy
 - **Day Four/Five/Six**: Less puffy every day with pepping-off of the epidermis
- The “Do Nots”
 - **DO NOT** pick at your face
 - **DO NOT** exercise or work out for the first 72 hours
 - **DO NOT** wash your face more than twice daily
 - **DO NOT** apply any other skin care products during the first week other than the three products listed above which you received from Dr. Garcia
- You may apply make-up and cosmetics on Day Four. Be certain to remove make-up and cosmetics with the JanMarini or ZO Gentle Cleanser.
- You may return to your normal skin care protocol on Day Seven (one week) after your procedure.
- You may take oral ibuprofen for swelling and discomfort.
- You may take oral Benadryl for any itchiness.
- You must practice excellent sun-exposure limitation for two-weeks before/after your procedure. And hopefully, continuing as a lifestyle!

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