Ira L. Savetsky, MD
Plastic Surgery Recovery Guide
Laser



We are honored that you have chosen Dr. Savetsky. Our Goal is to provide you with a safe experience and beautiful, natural results. Please follow the instructions in this guide to help ensure a smooth recovery.

Included in this Recovery Guide

This recovery Guide is broken up into sections to take you through all the information you will need for your procedure. Please read through all the information carefully and remember to call or email our office with any questions or concerns.

- **Prescriptions you will receive before surgery**
- **Supplies You Will Need**
- **Before Your Procedure**
- **Post-Laser Aftercare Instructions**
- **Office Contact Information**



Remember: Everyone heals differently and at different speeds! Be patient with your body throughout the healing process and follow the recovery instructions. We are here for you every step of the way!

Supplies You Will Need

Please have the following items available to you before your surgery

- Aquaphor
- Gentle Cleanser/ Moisturizer
- We will provide you with a face mask to apply to your face after your laser treatment
- Cool Compress (do not use ice packs)

Before Your Procedure

- Leading up to your procedure, please keep your skin hydrated by using moisturizer and make sure to drink plenty of water. Hydrated skin helps provide the best results.
- Before your procedure, please make sure you've eaten something this just helps you feel your best during.
- Before arrival to our office, please remove all of your makeup and wash your face with a gentle cleanser.
- Stop using all retinol and all other active skincare products 1 week prior.

Post-Laser Aftercare Instructions

- **Days 1-5:** Cleanse your face with a gentle cleanser and apply a thin layer of Aquaphor to the treated areas of your skin two to three times daily.
- **Days 6- 10:** Discontinue Aquaphor. You may now wear makeup. Use a gentle cleanser, moisturizer, and SPF (mornings only) as your skincare.
- **Day 10:** Return to your usual skincare routine.

Please remember your skin will be sensitive to light after your laser treatment. Please stay out of the sun.