

## Ten Tip to Make your Laser Recovery Easier

1. Get your oldest sheets (or those you hate but were too expensive to just discard) and have them ready. The Vaseline you will be using on your face will stain them and the stain does not come off.
2. First shower will feel great but, you will need to splash your face with your hands because the gentlest touch will be all you can stand. Plan to only blot your face dry.
3. Use lots of Vaseline, it is the best moisturizer
4. If there are any little children that may see you the first week, prepare them before surgery because you will look very different and SCARY to them. Your face will swell, be VERY red, swollen eyes and scabbing will start in places. It will be difficult to read so, get books on tape and TV to watch.
5. When it starts healing, your face may look striped, like American Indian war paint. Then it will start itching: do not scratch, skin is too soft. Best thing to do is to have more Vaseline at hand and use it instead of scratching.
6. Don't use the heavy Cetaphil, you may get white accumulations in your pores.
7. Walking your neighborhood at night really helps, especially if it is very dark; just take a flashlight not to fall.
8. You will not feel much hunger, a bonus, eat lots of fruits, vegetables and grains. Don't forget to keep drinking water to remain hydrated.
9. Plan on at least a week at home but you will not have a lot of energy to get things done and it will be uncomfortable to bend down while the face is still swollen.
10. I would not fill the pain prescription unless needed; there was no pain whatsoever.