



Dr. Gaston-François Maillard, P.D.  
Privat-Doctent à la faculté de Médecine  
Chirurgie plastique et reconstructive FMH  
Chirurgie esthétique, chirurgie de la main

Av. de la Dôle 17  
CH-1005 Lausanne

Téléphone 021 323 66 66  
No urgent 021 323 66 59  
Fax 021 323 66 10  
E-mail [info@drmaillard.ch](mailto:info@drmaillard.ch)

## **LASERABRASION – Laser Resurfacing Skin Care Program**

Laser abrasion involves the vaporisation of the superficial layers of the skin. It is a technique used for rejuvenation of the skin and the treatment of scars or wrinkles. Until now these have been treated by mechanical dermabrasion with a rotating tool, or by sanding the skin, or by chemical peeling or exfoliation (involving acid or phenol).

Today a CO2 laser scans the skin and produces similar, but perfectly regular, results. We can adjust the action and energy of the laser extremely precisely, as well as the size of its beam, and the exposure time, according to the type of skin.

### **1. Before laser abrasion or “resurfacing”**

In order to minimise the occurrence of hyperpigmentation (brown spots or lentigo), that are always a risk with this type of treatment, the skin should be prepared with a special pigment control cream, which will vary according to the skin colour of the patient. The patient must avoid the sun for up to six months, depending on the skin type, or use a sun screen with a high UV barrier factor.

### **2. During and after the laser abrasion**

This treatment must be accompanied by strict hygienic measures and disinfection of the hands, as for surgery.

Afterwards, the patient will either have an antibiotic skin treatment or the skin will be covered with special dressings. Care must be taken to prevent scabbing of the skin surface that might leave marks. The patient must absolutely keep the dressing carefully on the skin, reapplying it with a cotton-bud if necessary. The dressing will normally peel off after 5 to 8 days. As peripheral areas are uncovered, they should be treated with special antiseptic ointment.

The body needs carotene for the best results. The easiest way to increase it in the blood is to drink a small glass of freshly made carrot juice every day for a week, then every 2 days.

Keep you finger nails cut short to avoid scratching the healing skin. If necessary, wear cotton gloves at night.

- Change your pillowslips and towels every day.
- If you suffer from herpes (cold sore) or genital herpes, it is wise to take prophylactic medication (for example Zovirax), and use a Zovirax cream on any actual sores.

### **3. After healing**

When the superficial layer of the skin has regenerated, in 5 to 10 days, it looks dry, tense and delicate, and may be hypersensitive. It will help if you humidify this new skin, to reduce any pain and redness. The best method is to take a very gentle, luke-warm shower, to spray the skin with a mineral water vaporiser, and to apply a mild skin hydrating lotion. If excessive redness appears, the surgeon may prescribe a topical steroid.

After 30 days, the lotion is continued during the daytime, and at night another special cream applied. If the patient is worried about hyperpigmentation (mainly when the hair and skin colours are dark), a pigment control cream can be used. If absolutely necessary, a depigmenting solution can be prescribed.

A qualified beautician can be consulted for any other skin problem that might appear.

A handwritten signature in black ink, appearing to read 'G.-F. Maillard', with a stylized, flowing script.

Dr G.-F.Maillard, Privat-Doцент

Last update : 10.04.2002