



Caring for your child at home after a **LASER TREATMENT**

Dear Parents, your child has just had a laser treatment and is now ready to go home. This following information will help ensure your child has a safe recovery after leaving the hospital.

Care for the treatment site

- Keep treated areas clean and clear. Use only gentle and soothing soap.
- The day of the treatment, the skin will appear to be deep pink to red, as with sunburn. This will increase in severity on the second day. Then it will improve within 10 days.
- Do not pick the crusts off the treated area.
- Apply Bacitracin ointment on the treated area 2 times a day for 10 days.
- Avoid direct exposure to the sun for 2 months.
- Apply sunscreen lotion (SPF 30) for protection against exposure to the sun.
- The skin will heal over the next 2 weeks, leaving the treated areas with a bright pink coloration which may remain up to 6 months.

Pain management

- Give acetaminophen (Tylenol® or Tempra®) every 4 hours if needed, but no more than 5 doses total in 24 hours. Next dose may be given only at _____ hours.
- Refer to other instructed pain management information.

When will life go back to normal?

- **Activity:** Quiet activities today with close supervision. Normal activities tomorrow. Check with the physician regarding when your child can swim, resume physical activities or contact sports.
- **Bath/ shower:** May have a bath or a shower tomorrow.
- **Diet:** Give water, apple juice, Popsicle, flat Ginger ale or Jell-O for one to two hours. If tolerated, proceed with a soft diet such as soup, yogurt, ice cream and cereal. Tomorrow, he/she may be given a normal diet.
- **School/Daycare:** May go back to school/ Daycare tomorrow

When to call the doctor?

- Pain that does not lessen even after giving your child the prescribed medications.
- A fever of 38.5° C (101°F) or higher, 48 hours after the surgery.
- Increase in swelling or bruising.
- Swelling and redness persist after expected days.
- Yellowish or greenish drainage from the treated area

Follow-up

- For your next appointment please call 514- 934-1934, extension _____
- Clinic _____ Doctor _____
- Type of follow-up recommended: in clinic by phone other _____

Contact Information

IF CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514- 934-1934 AND ASK FOR THE PHYSICIAN ON CALL FOR THE _____ PLASTIC SURGERY _____ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.

Disclaimer: Information provided by this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning the care of your child.