



L'Hôpital de Montréal pour enfants  
The Montreal Children's Hospital  
Centre universitaire de santé McGill  
McGill University Health Centre

## CARE AT HOME AFTER LASER TREATMENT

For your next appointment please call (514) 412 - \_\_\_\_\_

Clinic: \_\_\_\_\_

Doctor: \_\_\_\_\_

Type of follow-up recommended: in clinic by phone other  
\_\_\_\_\_

**ACTIVITIES:** Quiet activities today with close supervision.  
Normal activities tomorrow.  
Check with the physician regarding when your child can resume physical activities.

**SCHOOL:** May go back to school tomorrow.

**BATH:** May have a bath tomorrow.

**SPECIFIC INSTRUCTIONS:** 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 bruising appearance will disappear within 10 days.

**MEDICATION:** For pain, give Acetaminophen (Tylenol or Tempra) every 4 hours as needed. Next dose may be given only at \_\_\_\_\_ hours.

**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, yogourt, ice cream and cereal. Tomorrow, he/she may be given a normal diet.

### \*\*\* PARENTS PLEASE NOTE \*\*\*

**IF YOU ARE CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514-412-4400 AND ASK FOR THE PHYSICIAN ON CALL FOR THE PLASTIC SURGERY SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.**