



LASER RESURFACING PREOPERATIVE INSTRUCTIONS

1. MORNING OF SURGERY: NOTHING TO EAT OR DRINK AFTER MIDNIGHT, THE NIGHT BEFORE SURGERY, EXCEPT FOR THE MEDICATIONS AS PRESCRIBED BY OUR DOCTOR.

AFTERNOON SURGERY: YOU MAY HAVE A LIGHT BREAKFAST AT LEAST SIX (6) HOURS BEFORE SURGERY. A LIGHT BREAKFAST CONSISTS OF LIQUIDS, ONE EGG, CEREAL, OR A PIECE OF TOAST. DO NOT EAT GREASY FOODS SUCH AS BACON OR SAUSAGE.

2. YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT TO DRIVE YOU HOME. YOUR DRIVER MUST REMAIN IN THE OFFICE DURING YOUR ENTIRE STAY. HE OR SHE WILL BE GIVEN INSTRUCTIONS FOR YOUR POSTOPERATIVE CARE AND SHOULD BE ABLE TO STAY WITH YOU FOR AT LEAST FOUR (4) HOURS AT HOME.
3. TAKE ANY REGULAR MEDICATIONS AS YOU NORMALLY WOULD (I.E., HEART MEDICATIONS, BLOOD PRESSURE PILLS, ETC.) UNLESS OTHERWISE INSTRUCTED BY YOUR DOCTOR. IF YOU TAKE MEDICATIONS FOR DIABETES OR BLOOD THINNERS (INCLUDING ASPIRIN) YOU WILL BE GIVEN SPECIAL INSTRUCTIONS REGARDING THESE MEDICATIONS.
4. TAKE THE MEDICATIONS PRESCRIBED BY YOUR DOCTOR AS INDICATED.
5. IF YOU ARE TAKING VITAMIN E, ASPIRIN, GARLIC, FISH OIL (I.E. OMEGA-3-6-9 FATTY ACIDS) OR GINKO BILOBA ON A REGULAR BASIS (AT LEAST ONCE A WEEK), YOU NEED TO STOP THE USE OF THE MEDICINES, SUPPLEMENTS OR DRUGS **TWO (2) WEEKS** PRIOR TO SURGERY.

A LIST OF MEDICATIONS, SUPPLEMENTS AND COMPOUNDS WILL BE PROVIDED WITH THESE INSTRUCTIONS. THESE ARE COMMON COMPOUNDS AND MEDICATIONS WHICH CAN CAUSE EXCESSIVE BLEEDING DURING SURGERY. YOU NEED TO STOP THE USE OF ANY OF THE MEDICATIONS, DRUGS OR COMPOUNDS **TWO (2) WEEKS** BEFORE SURGERY TO PREVENT ANY BLEEDING PROBLEMS. IF YOU FEEL YOU WILL HAVE A SIGNIFICANT PROBLEM BY STOPPING ANY OF THESE PRODUCTS, PLEASE INFORM THE DOCTOR.

6. NO MAKE-UP OR NAIL POLISH ON THE THUMB OR INDEX FINGER OF ONE HAND. NO CONTACT LENSES. CLOTHING SHOULD BE LOOSE AND COMFORTABLE WITH A SHORT SLEEVE SHIRT OF BLOUSE. NO PANTYHOSE, STIRRUP PANTS OR BOOTS. NO JEWELRY OR OTHER VALUABLES SHOULD BE WORN OR BROUGHT TO THE OFFICE ON THE DAY OF SURGERY AS THE CENTER CANNOT BE RESPONSIBLE FOR PERSONAL ANY ITEMS.

7. STOP YOUR SKIN CARE TREATMENT THE NIGHT BEFORE YOUR SURGERY. NO CARE OF THE FACE SHOULD BE PERFORMED THE MORNING OR DAY OF SURGERY.

8. YOU WILL BE CALLED BY A MEMBER OF OUR OFFICE APPROXIMATELY ONE WEEK AFTER YOU INITIATE THE SKIN CARE TREATMENT TO ENSURE YOU ARE USING YOUR SKIN CARE PRODUCTS APPROPRIATELY. MAKE SURE YOU BRING YOUR SKIN CARE KIT TO REVIEW POST-OPERATIVE SKIN CARE AT THE TIME OF SURGERY.

ADDITIONAL INSTRUCTIONS: _____

YOUR COOPERATION IS REQUIRED FOR YOUR SAFETY AND COMFORT. IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL US.

PATIENT SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN: _____ ASST: _____