



LASER RESURFACING PREOPERATIVE PRESCRIPTION USAGE INSTRUCTIONS

THE FOLLOWING INSTRUCTIONS SHOULD BE FOLLOWED STARTING THREE (3) TO FOUR (4) WEEKS PRIOR TO THE ACTUAL SCHEDULED SURGERY TO PREPARE YOUR SKIN TO ADEQUATELY TOLERATE THE SURGICAL PROCEDURE.

1. STAY AWAY FROM THE SUN EXPOSURE FOR FOUR (4) WEEKS PRIOR TO THE SURGERY. USE SUN PROTECTING FACTOR/MOISTURIZER CREAM/LOTION OF SPF 30 OR GREATER WHILE OUT DURING THE DAY.
2. FOR MALES: YOU SHOULD SHAVE ALL FACIAL AND NECK HAIR THE MORNING OF SURGERY.
3. USE YOUR SKIN CARE KIT PROVIDED STARTING FOUR (4) WEEKS PRIOR TO THE SURGERY DATE. THIS WILL ALLOW YOUR SKIN TO BE PREPARED FOR LASER SURGERY.
4. TAKE THE MEDICATIONS PRESCRIBED BY YOUR DOCTOR AS INDICATED. THESE INCLUDE THE FOLLOWING:

ANTIBIOTIC: GENERALLY, THE DOCTOR WILL PRESCRIBE AN ANTIBIOTIC FROM THE CEPHALOSPORIN OR AN ERYTHROMYCIN FAMILY SUCH AS CEPHALEXIN (KEFLEX[®]) OR CLARITHROMYCIN (BIAIXIN[®].) START TAKING THE ANTIBIOTIC THE MORNING OF YOUR SCHEDULED SURGERY.

ANTIVIRAL: THE DOCTOR PRESCRIBES THIS MEDICATION TO ENSURE YOU DO NOT GET A FLARE-UP OF ANY POSSIBLE VIRAL INFECTIONS WHICH ARE KNOWN TO DEVELOP SEVERAL DAYS AFTER LASER SURGERY. VALACYCLOVIR (VALTREX[®]) IS GENERALLY PRESCRIBED AND YOU NEED TO START THIS MEDICINE TWO (2) DAYS BEFORE YOUR SURGERY.

ANTIFUNGAL: THE DOCTOR MAY ALSO PRESCRIBE AN ANTIFUNGAL MEDICATION AS WELL. IF THE DOCTOR DOES, START TAKING IT THE DAY BEFORE SURGERY. FLUCONAZOLE (DIFLUCAN[®]) IS GENERALLY PRESCRIBED AND IS TAKEN ONCE A DAY.

STEROIDS: START METHYLPREDNISOLONE (MEDROL DOSE-PAK[®]) THE DAY BEFORE SURGERY.

EXFOLIATING AGENTS [KERATOLYTICS]: TRETENOLIN CREAM (RENOVA[®]) OR (RETIN-A[®].) THESE ARE PRESCRIBED TO BE USED IN THE EVENING ONLY STARTING ONE (1) MONTH BEFORE SURGERY. THESE CREAMS MIGHT MAKE YOUR SKIN RED AND IRRITATED FOR THE FIRST TWO (2) WEEKS. IF SIGNIFICANT DISCOMFORT OR REDNESS PERSISTS, PLEASE CALL THE OFFICE.

5. STOP YOUR SKIN CARE TREATMENT THE NIGHT BEFORE YOUR SURGERY. NO CARE OF THE FACE SHOULD BE PERFORMED THE MORNING OR DAY OF SURGERY EXCEPT FOR THE FACIAL SCRUB INDICATED BELOW.
6. HEXACHLOROPHENE (PHISOHEX[®]) FACIAL SCRUB SHOULD BE USED THE EVENING BEFORE SURGERY AS WELL AS THE MORNING OF SURGERY PRIOR TO COMING IN.