

PRE-OPERATIVE LASER INSTRUCTIONS

Approximately one month before surgery:

Pre-operative and post-operative prescriptions will be given and need to be filled immediately.

Skin care routine to be done in AM prior to surgery:

1. Cleanse with gentle cleanser
2. Apply moisturizer to entire face. If you plan to be outside during the day, apply sun block.

Skin care routine to be done in PM:

1. Cleanse with gentle cleanser
2. Apply moisturizer sparingly to your face and allow to dry for 30 minutes

Two weeks before procedure:

Start Vitamin C 1000mg twice a day

Two days before procedure:

Start prescription Valtrex 500mg. Take one pill twice a day for seven days.

DO NOT eat or drink ANYTHING after MIDNIGHT!

****Regular daily medications may be taken with a sip of water the morning of surgery****

Morning of procedure:

Wear loose button-down shirt