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### INSTRUCTIONS FOR LASER SURGERY

#### PRE-OPERATIVE INSTRUCTIONS:

*You will receive and need to fill the following **prescriptions** prior to your procedure.*

**Eldoquin Forte 4% cream**, a bleaching cream to even out skin tones. Apply once daily, in the morning, **starting one week before the procedure**. You must be very careful to avoid the sun while using this medication. Please do not use after procedure.

**Valtrex 500 mg tablets**, an anti-viral medication used preventatively. Take one tablet three times a day **starting the day before the procedure** and for 5 days after the procedure. On the day of the procedure, take one tablet with a tiny sip of water very early in the morning.

**Valium**, relaxation aids in healing and some discomfort related to your procedure.

**Percocet**, to be used for severe pain only; pain not relieved by the daily Vioxx. This medication can be taken every 6 hours, however, some patients may experience nausea or constipation so we encourage Tylenol for pain.

**Erthromycin 250 mg**, an antibiotic used preventatively. Take one tablet four times per day after the procedure.

**Zofran**, for nausea, if needed place under tongue.

*you will also need from the pharmacy prior to your procedure...*

**Tylenol ES, non-sterile 4x4 gauze, petroleum jelly**

*As well as...* **white vinegar**

#### POST-PROCEDURAL INSTRUCTIONS:

RESTING POSITION: You must rest with your head elevated on at least 3 pillows at all times to minimize swelling.

#### MASK AND SKIN CARE:

**THE FACIAL MASK WILL REMAIN ON FOR APPROXIMATELY 5-7 DAYS.**

The mask consists of a whitish waxy material. This mask is important to your prompt recovery and return to regular activities and appearance by aiding in the hydration maintenance of the skin. The mask is very sensitive, therefore patients are restricted to a **liquid to soft diet** to reduce jaw movements. Patients are also strongly encouraged to **minimize talking**.

Areas of the mask will become dislodged and expose sensitive skin. These areas will become scabbed and slow recovery if not attended to properly. To prevent scabbing: To any areas of **exposed skin, apply a thin layer of petroleum jelly**, as often as necessary, to keep area moistly glazed. On the morning of the second day, to allow the mask to completely cure, begin the use of **vinegar soaks** to decrease crusting by making a solution of 2 tablespoons of white vinegar in one cup of water and refrigerate. Soak non-sterile 4x4 gauze in this solution and lightly drape over the entire mask at all times possible. Re-soak as gauze warms up.

Once instructed by our office, you will be able to shower and the mask will fall off. **DO NOT PICK OR PULL OFF ANY SCABBING OR PARTS OF THE MASK; THEY WILL COME OFF WHEN THEY ARE READY.** As the mask is sloughing off, keep the entire face constantly moisturized with the petroleum jelly and for 72 hours after. On the fourth day post-mask, resume use of your regular moisturizers, however, you will require more product and frequent applications. At this time, please schedule your facial with our aesthetician post-haste to help tone down redness.

I acknowledge receipt of these instructions and have had all my questions answered.

\_\_\_\_\_ Signature \_\_\_\_\_ Date

\_\_\_\_\_ Signature \_\_\_\_\_ Date