



THE NADERI CENTER

COSMETIC SURGERY SPECIALISTS

Pre-Operative Instructions for CO2 Laser Resurfacing (Hospital)

3-4 WEEKS BEFORE PROCEDURE

- *Obtain Medical Evaluation and Clearance.* Make a visit to your primary care doctor to complete your medical evaluation and laboratory testing. Your surgeon may request for you to also be evaluated by a specialist. Please ensure any preoperative requests are completed 2 weeks before surgery.
- *Work and Recovery Arrangements.* Make any arrangements to be off from work or other strenuous activities while you are recovering from the procedure. Have extra help available, particularly if caring for small children.
- *Smoking.* Tobacco, cigarettes and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise to discontinuing these products more than 4 weeks prior to procedure.
- *Sun Exposure.* **Sun exposure is to be strictly avoided for 4 weeks before and 8 weeks after treatment.** Sun exposure may cause problematic skin discoloration.
- *Self-Tanning.* Do not use any self-tanning lotions in the month prior to treatment.
- *Bleaching Cream.* Our doctors may prescribe a 4% Hydroquinone Cream for use 4-8 weeks prior to treatment to reduce the risk of Hyperpigmentation (PIH). Stop this medication three days before your treatment.

2 WEEKS BEFORE PROCEDURE

- *Preop Appointment.* You will come in for your preop appointment where you will review the procedure plan with your surgeon and go over logistical details with your patient coordinator. Bring your questions as well as any individuals that will be part of your support and healing.
- *DIET/SUPPLEMENT RESTRICTIONS.* Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over the counter pain medications. **Makes sure you and your doctor have reviewed your medication list as certain medications and health conditions can be contraindicated when undergoing laser resurfacing.**

- *Fill Prescriptions.* Make sure you understand how and when to take all medications. We suggest keeping a note pad to keep track of the medications you have taken.
- *Hair Removal.* Avoid Electrolysis / Waxing / Hair Removal Creams for 2 weeks prior (in the areas of the body that laser resurfacing is going to be performed).
- *Skincare Products.* Stop Alpha-hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid) & Benzoyl Peroxide topicals and any other similar or exfoliating products that may be drying and/or irritating 2 weeks prior to your procedure.

1 WEEK BEFORE PROCEDURE

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from the surgical center and who will stay with you for at least 24 hours after the resurfacing treatment.
- *Arnica.* If provided, start your Arnica tablets two days before surgery. One in the AM and one in the PM and continue until the bottle is finished.

3 DAYS BEFORE PROCEDURE

- *Cold Sores.* For full-face laser resurfacing patients with a history of cold sores will be prescribed an anti-viral medication to prevent a cold sore breakout after the resurfacing procedure. Start this medication three days before the procedure and continue until all tablets are taken.
- *Topical Skin Treatments.* Stop using Retin-A™ (tretinoin), Hydroquinone, Retinols, Renova™, Differin™, for three days prior to treatment.

NIGHT BEFORE PROCEDURE

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- *Antibiotic.* Take your Antibiotic 24 hours prior to procedure.
- *Set Up Home Recovery Area.* This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.
- *Bathing.* You can shower but do not apply lotion, perfume, hair product, etc.
- *Relax.* Stay calm and get plenty of rest to avoid unnecessary stress.

DAY OF PROCEDURE

- *Dress Comfortably.* Do not wear nice clothing. Dress in comfortable, low neck, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.

- Do NOT wear any makeup, jewelry, cosmetic creams, hair products, deodorant, sunscreen, and remove all piercings.
- *Wash Your Face.* Wash face prior to treatment. **Do not apply anything to your face after cleansing-** this includes lotion, sunscreen, make up, etc.
- *Arrival to Facility.* Have someone accompany you to and from the surgical center. Arrive at the designated time and remember to bring a form of identification as well as payment if necessary.