



NADERI LASER RESURFACING – Patient Instructions

Pre-Operative and Post-Operative Care | Outpatient Surgical Facility

PREPARATION BEFORE PROCEDURE

- Pick up and confirm you have all prescriptions before surgery.
- **START YOUR ANTIVIRAL medications 72 hours before** your procedure
- Make sure you are not tanned or sunburned and have no skin lesions or rashes
- Purchase MiraLAX (stool softener), Tylenol (for pain) and cool compress supplies.
- Get Arnica tablets. If provided, take as directed starting after surgery.
- Nothing to eat or drink after midnight before surgery – if undergoing general anesthesia.
- Prepare a comfortable recovery area at home.
- Strictly follow and adhere to the “**Naderi Antibleeding Anti Bruising diet.**” See separate list.
- Avoid blood thinners and NSAIDs like aspirin, ibuprofen, naproxen, as well as nicotine, alcohol, and excessive caffeine.
- Avoid Tobacco and Nicotine products as they delay healing.
- **Make sure you have not taken any Accutane for at least 6-12 months prior to procedure.**
- **For men, shave the day before surgery. NO FACIAL HAIR. No Beard.**

DAY OF PROCEDURE

- **Shower well. Shampoo hair thoroughly** and use antibacterial soap on face and body.
- Wear loose, cool, comfortable clothing. Button-up or zip-up shirts are preferred.
- **Do not wear makeup, lotion, skin products, sun block, deodorant, or hair products**
- Remove jewelry, piercings, contact lenses,
 - Remove hair extensions, weaves, braids and lash extensions (if possible) as they can harbor bacteria
- You will need an adult friend or relative to drive you home.

FIRST WEEK AFTER PROCEDURE

- Sleep on your back with your upper body elevated 30–45 degrees. (Recliner or wedge pillow or multiple pillows)
- Apply cool compresses for 15–20 minutes every hour while awake for the first 3 days. **NO DIRECT ICE! NO ICE-PACK!**
- Get up slowly and walk slowly but regularly with assistance to promote circulation.
- Avoid bending, straining, or lifting.
- You may feel weak and dehydrated so be careful of falling. Stay hydrated.
- You may shower 24 hours after procedure but be careful of falling. No Bathing.
 - NO HOT WATER. Use cool water on face
 - Do not rub or pick at face. **Do not use soaps or cleansers on face.** Use cool water only on face.
 - Do not rub towel on face to dry. Gently dab with clean paper towel.

MEDICATIONS

- **START YOUR ANTIVIRAL medications 72 hours before** your procedure and continue until finished
- Take antibiotics as prescribed until finished. Notify us if you have any reactions.
- Use prescribed pain medication or Tylenol (if pain is mild).
- Do not exceed 4,000 mg of Tylenol in 24 hours.
- Use your nausea medication as needed.
- Begin stool softener when taking narcotic pain medication. Do not force or strain during bowel movement.



SKIN AND WOUND CARE

- Depending on strength and depth of the LASER you may be directed to follow one or more instructions below:
 - Gently cleanse skin with cool water-soaked cotton balls starting the day after (4-6 times a day).
 - Do not scrub. Be gentle. You may gently splash cool water on your face starting the following day
 - You may be asked to use diluted white vinegar soaks 3-4 times a day.
 - You may be instructed to use HOCL (Hypochlorous Acid) sprays on your face 3-4 times per day
 - At the beginning you may be asked to apply only Vaseline ointment after each cleaning for the first 3-5 days
 - **Do not let skin dry out.** Apply lots of Vaseline. (DO NOT USE AQUAPHOR or other ointments)
 - You may be given other “post-peel” products to apply after you stop using Vaseline. (Alastin Skin Nectar or ZO)
- Do not scratch, pick or pull at skin or scabs. You will get scars if you do so.
- Protect skin from sun exposure. Use a large brimmed loose hat
- Avoid heat and sweating. Avoid Saunas.
- Do not apply ice directly to skin as it may cause a frostbite burn.
- Do not bathe or get into a pool or jacuzzi
- Do not apply makeup, sunscreen or other products until OK'ed by your doctor

ACTIVITY AND RECOVERY

- Avoid lifting over 20 pounds for 2 weeks.
- Most patients return to work in 1-2 weeks.
- Avoid strenuous exercise for 2 weeks.
- Do not drive while taking narcotic pain medication.
- Avoid sun exposure for 90 days. This is very important. You will hyper or hypo-pigment otherwise.
- Hold off on your normal skincare routine and products until cleared by your doctor.

NORMAL SYMPTOMS

- Swelling and redness.
- Mild to moderate bleeding, oozing and drainage.
- Dark patches and scabs
- Mild tightness & itching

NOTIFY YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE:

- Fever greater than 101°F.
- Severe or worsening swelling.
- Blisters or Vesicles
- Rash or severe itching.
- Call 911 if you experience shortness of breath or chest pain.