



## Pre-Procedure Instructions for Lumenis Laser

### Two Weeks Prior to Your Procedure:

Please avoid direct sun exposure prior to treatment. Always protect your skin with SPF 30 or greater.

### One Week Prior to Your Procedure:

DO NOT TAKE Aspirin, Ibuprofen, Motrin, Ecotrin, Nuprin, Vitamin E 200iu per day, Fish Oil, Prescription fish oil (Lovaza), Advil, or any non-steroidal anti-inflammatory which will interfere with normal clotting. Many over-the-counter medicines contain aspirin or ibuprofen. If you have any questions, call the office or your pharmacist.

The following prescriptions will be called in to your local pharmacy:

Acyclovir – total of 21 tablets

(The Acyclovir medication is ONLY prescribed for facial Lumenis treatments)

Start Date: 1 day prior to procedure

To be used a total of 7 days

The medications listed below will be administered before and or during your procedure:

Vicodin ES – total of 4 tablets

Xanax – total of 4 tablets

### The Day of Your Procedure:

BRING ABOVE MEDS WITH YOU

Wear a button-down shirt/blouse, comfortable slacks and flat shoes.

Because of the pre-medication, you will not be allowed to leave on your own.

Arrange for a responsible adult to drive you from our facility on the day of surgery.



## Pre-Operative Shopping List

The following is a list of items that should be purchased prior to surgery in order to prepare for and more easily recover from surgery.

Have	Need
_____	<input checked="" type="checkbox"/> <b>Prescriptions</b> – have your prescriptions filled prior to surgery to save time on the way home when you won't be feeling up to stopping.
_____	<input checked="" type="checkbox"/> <b>Tylenol</b> or a generic form of this drug – this will be the drug of choice once you do not need the prescription strength pain medications.
_____	<input checked="" type="checkbox"/> <b>Multivitamin</b> – to take prior to surgery and during your recovery for maximum health.
_____	<input checked="" type="checkbox"/> Germ-inhibiting soap, such as <b>Dial</b> , <b>Safeguard</b> , or <b>Lever 2000</b> – to bathe with prior to surgery in order to minimize germs.
_____	<input checked="" type="checkbox"/> <b>Straws</b> – you need to drink a lot of fluids after surgery in order to help get the anesthesia out of your body quicker and straws will help you drink more.
_____	<input checked="" type="checkbox"/> <b>Ice Packs</b> – to reduce swelling
_____	<input checked="" type="checkbox"/> <b>Aquaphor</b> moisturizing ointment
_____	<b>Q-tips</b>
_____	<b>Hydrogen Peroxide</b>
_____	<input checked="" type="checkbox"/> <b>Gentle foods</b> – to encourage eating and not upset the stomach initially.
_____	Clear Soda (not diet): Ginger Ale, 7-Up, Sprite
_____	Plain crackers, saltine not buttery
_____	Soups, water based not cream based
_____	Pudding / Applesauce
_____	Jello
_____	Toast
_____	<b>Other</b> _____
	_____
	_____



**CO2 Micro Fractional Lumenis Laser Aftercare**

1. On the first day following your treatment, you will experience a burning sensation on the skin that will last between 30 minutes and up to 3 – 4 hours.
2. If you have discomfort following the treatment, take Tylenol or speak with your doctor about a prescribed pain-killer such as Vicodin, which should be taken with food.
3. You may want to take a few days off work. Treatment to the facial area will result in an appearance similar to a darker tan/sunburn for the first day. A fine scab will be formed by the skin. Do not be concerned, this promotes the healing process.
4. The day of treatment, there may be punctuate (pinpoint) bleeding and some mild oozing (clear fluid) which will stop by the end of the first day or early into the second. This is easily managed by dabbing with a damp washcloth or clean 4 x 4 gauze, which will be provided to you for home care. This is normal and expected. Clean the area very gently (dabbing) only, do not drag or rub the skin, then reapply a small amount of Cu3 cream.
5. Wash using a mild soap like Purpose, Neutrogena or a soap-free cleanser like Cetaphil.
6. For the first 48 hours, wash the treated areas everyday and apply Aquaphor Ointment to the treated sites and lips 4 times a day, or more frequently if tightness is noticed. Avoid Hot water. Always wash your hands before applying cream or touching your face.
7. Eye Area: Treatment to the upper eyelids may result in swelling and create a slight squint. Redness may persist up to 3 days. Cleanse your eyes with cool water and dab or pat very lightly with a soft towel. Avoid Hot water. Lubricating the eye with drops (i.e. artificial tears) will help to decrease the dryness of your eyes.
8. Mouth Area: If the skin around the mouth is tight, minimize facial expressions. Lubricate with Aquaphor Ointment as needed. To drink, use a straw.



9. Rest. Avoid strenuous exercise, bending, straining, stooping or lifting heavy objects for 1 week after the procedure. Such activities may cause more swelling and pain on your face and slow down your recovery.
10. Sleep in a slightly elevated position, using 2 – 3 pillows under your head and neck, or sleep a few nights in a reclining chair.
11. After 2 days, the eschar/necrotic skin will disappear and the skin will have a tanned look. At this point, LIVAD cream and makeup, may be applied. Redness may persist for up to 3 days. By the 4<sup>th</sup> day or so, your face will get darker and then, near the 5<sup>th</sup> to 6<sup>th</sup> day, peeling will occur. More intense treatments can take up to 7 days for recovery.
12. Protecting your skin and limiting sun exposure ensures the best cosmetic results. Avoid sun exposure for 1 – 3 months. A sunscreen SPF 30 for higher should be applied every day. Use a hat and sunglasses. Your skin is extremely vulnerable to the sun after having a laser treatment.
13. The doctor will see you in follow-up 3 – 5 days after the procedure.
14. At the end of one week you will have a beautiful healthy glow to the skin. The most exciting aspect of this treatment, however, is the subsequent collagen boost which takes place for up to 6 – 9 months, replacing lost collagen and elasticity to the skin.
15. Please call at any time with additional questions (212) 230-1212.