



## Laser Surgery Pre- and Post-Treatment Information

Patient name: \_\_\_\_\_ MRN: \_\_\_\_\_

### Pre-Treatment Instructions

- Pre-treat the area as instructed with topical medications prescribed at least two weeks prior to your procedure
- Use a sun block with an SPF of at least 30 every day
- If prescribed, begin antibiotic regimen five days prior to treatment
- Discontinue use of the following one week prior to treatment: Advil®, Motrin®, \*Aspirin or aspirin containing over-the-counter medications, vitamin E, fish oil

### Shopping List

- Cetaphil Cleanser
- 4" x 4" gauze pads
- Tylenol®
- Aquaphor
- Sun block
- Hydrocortisone 1%
- Prescriptions

\* If you are taking aspirin for preventive reasons, please discontinue one week prior to your treatment. If aspirin has been prescribed by either your PCP or cardiologist, you should inform your surgeon and he/she will make the decision whether you should discontinue use.

### Day of Procedure

- Please dress in comfortable clothes
- Do not wear makeup or jewelry
- Please arrive one hour prior to your scheduled laser treatment

### Post-Treatment Instructions

- Gently cleanse the treated area three times per day using 4" x 4" gauze pads and Cetaphil Cleanser
- Pat dry and then apply a thin layer of Aquaphor ointment
- Your skin may feel hot and tight. There may be areas where bleeding has occurred during treatment. **This is normal**
- Do not pick or try to peel the treated area. Let your skin exfoliate naturally. Apply sun block when leaving home
- If you experience any itching or irritation, apply hydrocortisone 1% to the affected area
- Take Tylenol for pain if you are not on prescription medication
- Drink plenty of fluids
- Relax. Let yourself heal
- If you experience a fever, excessive swelling or bleeding, contact your surgeon immediately