



PREOPERATIVE INSTRUCTIONS FOR CO2 LASER RESURFACING

Dr. Mueller would like you to know that you cannot be on any prescription or non-prescription (OTC) blood thinners such as Coumadin, Plavix, or Aspirin if you are going to have laser resurfacing. Aspirin and other OTC medications (please see our list of medications not to take) must be stopped two weeks prior to your procedure. For prescription blood thinners, you must have a letter of approval from your prescribing physician to stop these medications for three days prior to your procedure. Please have your prescribing physician provide this letter to Virginia Facial Surgery. You may restart your prescription blood thinners either the same evening as your procedure or the next morning, depending on when you normally take them. In addition, Dr. Mueller may also require you to have a physical if you will be having IV sedation or general anesthesia.

Prior to your procedure:

- Men must be clean shaven.
- Increase water intake 1 week before and 1 week after the procedure to ensure the best healing results possible.
- Discontinue all exfoliating medications 1 week prior to the procedure. This includes some topical acne medications and anti-aging products. Examples include prescriptions like Retin-A and over the counter products containing salicylic acid, benzoyl peroxide, glycolic acid, and retinol. You will need someone to drive you home from the office on the day of the procedure.
- If you wear contacts, do not wear them to the procedure and do not resume wearing them until 7 days after the procedure.
- Please wear a button down shirt on the day of the procedure.
- Wash your face with Cetaphil prior to your arrival to Virginia Facial Surgery.
- If you are having IV sedation or general anesthesia, do not have anything to eat or drink for eight (8) hours.
- If you are having your procedure with local anesthesia, you should eat a light breakfast.



Please purchase and begin using at least 2 weeks prior to the procedure and continue until 3 months after the procedure.

- Arnica (Arnica Montana oral tabs – take as directed – OTC at The Heritage Store, Teddy's Health Foods, Trader Joe's, or Whole Foods.)
- Multivitamin with minerals (OTC as directed)
- Vitamin C 500mg one twice daily

Please fill the following prescriptions prior to your procedure and use as directed and instructed.

- Melanocyte suppressor: Hydroquinone 4% gel (start two weeks prior to procedure)
- Oral Antibiotic: Keflex (start taking the morning one day prior to the procedure)
- Oral Antiviral: Valtrex (start taking the morning two days prior to the procedure)
- Oral Antianxiety: Xanax 1mg (bring bottle with you to procedure if prescribed)
- Oral analgesics: Vicodin or Percocet (bring bottle with you to procedure)
- Oral steroid: Methylprednisolone (start taking after your procedure)
- Topical Eye Ointment: Erythromycin eye ointment (start taking the night after the procedure)

Please purchase the following products that you will need to use following the procedure.

- 1 Large Tub of Aquaphor
- 2 Large Containers of Cetaphil gentle cleanser
- Sun screen of choice (for sensitive skin) with SPF 50 or greater
- Tube Cortisone cream (OTC)
- Benadryl 25mg (OTC)
- Claritin (OTC)



- Tylenol 325mg (OTC)
- Bausch & Lomb Refresh eye lubricating drops (OTC)
- Bottle of white distilled vinegar
- 4 bags of peas (be sure they are frozen by the day of the procedure so you can use them when you arrive home)
- A wide-brimmed hat and sunglasses.

By all means, if you have any questions at all, please contact Virginia Facial Surgery and we will be happy to answer your questions and concerns.