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FACIAL COSMETIC SURGERY & ORAL MAXILLOFACIAL SURGERY

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LASER PRE/POST OPERATIVE REQUIREMENTS

Two (2) Weeks Prior to your procedure:

- A. Purchase and begin using:
 - A. Arnica Montana Oral Tabs – take per packaging instructions.
 - B. Multivitamin
 - C. Vitamin C 500mg twice daily

Available OTC at The Heritage Store, Teddy's Health Foods, Trader Joe's, and Whole Foods.

- B. Continue above items for three (3) months after procedure.

Fill the following prescriptions prior to your procedure:

- A. Hydroquinone 4% gel *Start two (2) weeks pre-operative
- B. Keflex *Take in morning one (1) day pre-operative
- C. Valtrex * Take in morning two (2) days pre-operative
- D. Methylprednisolone * Start taking after procedure

Take above Prescriptions as Prescribed

Purchase the following items to be used Post-Operatively:

(Below items available at your local pharmacy)

- a) One (1) Large Tub of Aquaphor
- b) Two (2) Large Containers of Cetaphil Gentle Cleanser
- c) Sun Screen of choice (for Sensitive Skin) with SPF50 or greater
- d) Tube of Cortisone Cream
- e) Benadryl 25mg
- f) Claritin or Zyrtec
- g) Tylenol 325mg
- h) Bausch & Lomb Refresh Eye Lubricating Drops
- i) Four (4) Bags of Peas – Ensure they are frozen day of procedure for immediate use
- j) White Distilled Vinegar –
 - i) Mix two (2) cups of warm water with one (1) tablespoon of white vinegar.
 - ii) Soak gauze in the diluted white vinegar water so that it is wet, but not dripping, and apply to the wound for 5 to 10 minutes, once to twice a day, for 7 to 10 days.
 - iii) After removing the gauze, apply a layer of Aquaphor and KEEP THE WOUND COVERED AT ALL TIMES EVERYDAY until it instructed otherwise.

LASER PATIENTS ONLY:

- Bring a wide-brimmed hat and sunglasses to procedure

If you have any questions please contact Virginia Facial Surgery and we will be happy to answer any questions or concerns.