



Pre-Procedure Instructions for Plasma Skin Resurfacing

TWO WEEKS PRIOR TO PROCEDURE

- Begin using a physical sunscreen (Zinc/Titanium Dioxide) daily. Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate). Reapply often.
- Have your prescriptions filled for the procedure and bring them with you the day of the procedure.
 - Follow instructions on prescription bottles→some you will start prior to the procedure.
 - If you have any questions please contact our office.
- At night, apply hydroquinone 4% to the area that will be treated.
 - This can be drying to the skin, so plan to increase use of moisturizers
- Avoid sun, and wear a wide-brimmed hat outdoors.
- Stay hydrated; eat clean and healthy, getting lots of protein and fresh vegetables.
- Try to get at least eight hours of sleep every night.
- Do not use any nighttime skin regimen on the area that will be treated.
- Do not use any exfoliating agent, such as retinol or tretinoin.
- Limit alcohol consumption.
- Stop smoking→ nicotine reduces blood flow and impedes the healing process.

ONE WEEK PRIOR TO PROCEDURE

- Stop taking NSAID medicines such as Aspirin, Ibuprofen, and Naproxen since they interfere with normal blood clotting. Check medication labels for *active ingredients*.
 - You may take Acetaminophen (Tylenol) as needed for pain not to exceed 3000 mg a day.
- Stop taking herbal medicines and supplements since they can interfere with normal blood clotting and blood pressure→ Dong Quai, Ginger, Feverfew, Ginkgo Biloba, Ginseng, Garlic (high dose), Omega-3 fish oil (3000 mg/day or higher), Vitamin E (high dose).
- Arrange for a responsible adult to drive you to and from the procedure.

Aegean Medical at Crystal Coast Pain Management & Azura Skin Care Center

www.aegeanmedical.com

252-617-7234

06/2018

Pre-Procedure Instructions for Plasma Skin Resurfacing (cont.)

DAY BEFORE PROCEDURE

- Discontinue using hydroquinone 4%.
- Begin taking Valtrex (valacyclovir) as prescribed. This medication is to decrease the risk of getting Shingles (herpes zoster) after your treatment. This complication is painful and causes the highest risk of scarring.
- Discontinue using moisturizers on the area that will be treated.
- In the morning, begin taking antibiotic as prescribed
- Prepare your bed with old sheets, as they may be soiled with the oozing & skincare products applied to your face after the procedure.

DAY OF PROCEDURE

You must have a ride to and from the office.

- Continue regimen of medications as prescribed.
 - Start antibiotics and MethylPrednisolone Therapy Dose Pack in the morning
- Take Ativan (lorazepam) as directed → 1 tab; 2 hours and another 1 hour prior to procedure.
- Take your pain medication as directed → 1 tab; 1 hour prior to procedure, then as needed every 6 hours after procedure.
- Eat a light meal with protein and fat about 1-2 hours before your procedure. You may have a cup of coffee or tea if you normally have one in the morning. Drink only water after this meal.
- Shower and shampoo hair to reduce bacteria on your skin and hair.
- DO NOT wear makeup or contact lenses.
- DO NOT wear jewelry that will be near the area where you are having your procedure.
- Keep hair out of face by pulling it back in a ponytail and wearing a stretchy headband. It is a good idea to buy a package of inexpensive headbands, they will get messy with the post-procedure ointment.
- Wear an old shirt with buttons or zipper or a large open neck as it can become soiled with ointment.
- ***Bring ALL prescribed medications with you to your procedure.***

CHANGES TO MEDICATION AND HEALTH STATUS

- If you have any changes to your medications or health, please notify Dr. Tellis by calling the office as soon as possible.

Aegean Medical at Crystal Coast Pain Management & Azura Skin Care Center

www.aegeanmedical.com

252-617-7234

06/2018