



BOULDER PLASTIC SURGERY Prof., L.L.C.
IV SEASONS SKIN CARE, LLC

Hans R. Kuisle, M.D.

Winfield Hartley, M.D

2525 4th Street #202, Boulder, CO 80304

303.443.2277 303.443.7124 fax

www.boulderplasticsurgery.com

PREOPERATIVE INSTRUCTIONS AND PRECAUTIONS FOR MICROLASER PEEL

1. Report to my office if you should develop a cold, fever, or develop open sores or blisters prior to the appointment.
2. Use no products containing aspirin for ten days prior to appointment and two weeks after. Tylenol or Ibuprofen (Advil, Nuprin, or Motrin) is OK. You must inform us about medications you are taking ***before*** starting, and ***at each*** subsequent laser treatment. Some medications are contraindicated, and must be discontinued before treatment.
3. Discontinue the use of Retin-A, Glycolic, or Alpha Hydroxy Acid skin care products 24 hours prior to your scheduled facial laser treatment.
4. Take Vitamin C (500 mg): **One tablet** in the **a.m.** and **one tablet** in the **p.m.** for **five days prior to surgery and for 10 days after.** This helps to control bruising and promote healing.
5. Wear comfortable clothes on the day of your treatment. Do not wear clothing, which must be pulled over your head.
6. ***DO NOT*** wear makeup, creams or have moisturizer on your face when arriving for facial treatments.
7. If you are applying a topical anesthetic to the area to be treated by the laser: apply a thin amount (approximately dime-sized thickness) to the entire area a minimum of 1 hour before your appointment time. Prior to the topical anesthetic application: clean the area – no make-up, lotion, etc. to the area to be treated.
8. No smoking of nicotine products a minimum of 2 weeks before the treatment. If you do smoke, please be aware that smoking increases the risk for poor wound healing and may delay your healing process.
9. Please remove your contact lenses the day of the treatment.
10. If you will be taking pain medication and a relaxant prior to the procedure, please make arrangements for someone to drive you to the office and take you home. **You may not drive yourself home.**
11. Medication note: Please start the anti-viral medication – Valtrex 500mg, one tablet twice a day, the day before the laser procedure and continue as prescribed.
12. Avoid vigorous aerobic exercise until all raw or dry areas are healed and red facial flushing is at a minimum.
13. No hot tub, sauna or soaking until any scabs, and dry or raw areas are healed.