

PRE OPERATIVE INSTRUCTIONS DOT

If any of these symptoms seem excessive, contact the office.
Office Phone Answered 24 hours daily

1. Follow the Obagi home care cosmetic regiment with tretinoin (retin-A) at least on the standard dose regiment or higher. If you are not using Obagi, start Hydroquinone and Retin-A @ least 2 weeks prior to surgery.
2. No smoking for 2 weeks prior to the procedure.
3. Only moderate alcohol use (2 glasses per 24 hours) just before the procedure.
4. Start Valtrex 1 day prior to the procedure.
5. Take Decadron or the first days pills of the Medrol Dose pack the morning of the procedure. Take all the pills for that day at once.
6. Cleanse face and hair with Hibiclens or other antibiotic soap the morning before the procedure.
7. Wear no make-up or jewelry on the day of the procedure.
8. Use no moisturizer or any cosmetic of any type the morning of the procedure.
9. Wear loose fitting clothes without a high collar. A tank top is preferred.
10. Do not use hair spray or gels on the day of the procedure.
11. Bring Valium and Lortab to the office and take as soon as you have the topical anesthetic applied.

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