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## Laser Resurfacing Pre-Procedure Instructions

1. No sun exposure or tanning beds 4 weeks prior to procedure and for 4 weeks after.
2. No ibuprofen (Motrin, Advil), naproxen (Aleve), or aspirin for 1 week prior and 1 week after procedure.
3. No smoking 3 weeks prior or 3 weeks after procedure.
4. Let your doctor know if you have a history of fever blisters.
5. Fill prescribed medications and take as instructed by your doctor. Valtrex or Zovirax the day before the procedure and an antibiotic the day of the procedure. Other medicines will be given in the office.
6. Eat a healthy breakfast prior to procedure.
7. Wear comfortable clothing.
8. Come to your procedure with a clean face (no makeup, lotions or sunscreens).
9. You should plan to avoid heavy exercise or getting overheated for at least 72 hours after the procedure.
10. Allow 2 weeks after Botox injection and 2 weeks after filler injection before having the procedure done.
11. Tell your doctor if you have used isotretinoin (Accutane) in the past year.
12. You should not be treated with this procedure if you are pregnant or might be pregnant.
13. Have someone drive you to and from procedure.