

## Pre-Operative Instructions

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### **Preparing for your procedure(s):**

- You will need a driver to and from TLC<sup>SM</sup> on the day of your procedure and 24-hour follow up appointment. The medication provided for your relaxation may last approximately 24 hours, thus requiring the need for a driver.
  - **Refrain from consuming any caffeinated beverages 3 days before and 1 complete week after procedure.**
  - **Avoid ALL ALCOHOLIC BEVERAGES** 1 week before and 1 full week after procedure.
  - **AVOID ALL NICOTINE products.** (Nicotine can delay recovery)
  - Eyelash extensions **MUST BE REMOVED** before any eye procedure.
  - **HAIR TREATMENT/COLOR** can be done 1 week before procedure or you will have to wait 1 month after your procedure.
  - Depending on how you are healing, Dr. Lanfranchi may alter these instructions to better fit your course of healing.
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### **Day of your procedure(s):**

1. **Bring all the medications prescribed by Dr. Lanfranchi.** High blood pressure patients: On the day of your procedure please continue to take all blood pressure medications as per your prescription (bring them as well in case we need to give you an extra dose). Take all other prescription medication(s) (except for those on the discontinued list) the day of your procedure as prescribed.
2. Please eat a light meal prior to taking relaxation and antibiotic medications.
3. Wear comfortable clothing with a loose collar or button-down shirt/ top with loose pants, no leggings.
4. **DO NOT** wear any jewelry or hair accessories/ clips of any kind. **ALL BODY PIERCINGS MUST BE REMOVED.**
5. **Do NOT drink more than 8oz (1 cup) of fluid 2 hours before arrival for your procedure.**
6. **Remove ALL facial, eye, and neck makeup. No Facial Moisturizer.**

**Items you may need (All items are sold over the counter)**



**Hat & Sunglasses** – to protect you from UV rays.



**Arnica Cream** – Rub into bruised or sensitive area(s). Do not place on stiches or around eyes.

**Arnica Tablets** – Use Manufactures instructions. Available at Whole Foods, health food stores, and Amazon.



**Bacitracin Ointment** – place on incision area(s) as directed by our staff.



**Fractional Laser Aftercare**



**CeraVe® Hydrating Cleanser** – For Normal to Dry Skin

**CeraVe®“PM” Facial Moisturizing Lotion** – For Normal to Dry Skin

**Aquaphor** – Use on Laser area(s) for the **first 72 hours only.**



**Baby Shampoo**



Use Baby shampoo/shampoo for sensitive skin until **ALL** the sutures are removed.



**Eye Procedure Aftercare**



**Lacri-Lube Ointment** – for use on eye sutures and in eyes at night.

**(ANY BRAND ACCEPTABLE)**

**Eye Wash/ Solution** – to rinse eyes upon waking in the morning.