

Day of Procedure

Pre-Procedure

- Shower and wash your face (with an anti-bacterial soap) and hair.
- Wear an old, button-down shirt.

Females

- No make-up (mascara, lipstick, lotions, etc.)
- No jewelry (necklaces, earrings, etc.)
- No hair products (hairspray, gel, etc.)
- No perfume
- Bring headband to secure hair off face

Males

- MUST shave areas to be treated the morning of procedure.

You MUST have a ride home.

Be sure we have a contact number for your driver!

After Procedure

- Go home and rest!
- Take Ibuprofen or Aspirin every 4-6 hours with food to promote healing
- For itching you may take an antihistamine (such as Benadryl or Claritin) as needed
- Do not smoke
- No: Lifting, straining, or strenuous activities.
- You may start the aquaphor cream today. Use several times a day in a light coating to keep the skin moist.
- Start the triamcinolone cream tomorrow. Apply it twice a day before using the aquaphor.
- Depending on your individual treatment, you may have additional medications prescribed. Take them as directed. Note that patients taking pain medications (codeine, percocet, vicodin) or muscle relaxants (valium) should not operate machinery, drive cars or perform potentially dangerous activities, such as lifting children, using sharp or dangerous tools etc. You could kill or injure yourself or others!!

****Prepare for 3-7 days of social downtime depending on the aggressiveness of your treatment. This will be discussed prior to treatment****