

## Pre-Operative Instructions

### Prepare for your Procedure

- 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 will last approximately 24-hours, thus requiring the need for a driver.
- Bring all 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.
- Please eat a light meal prior to your procedure. Refrain from consuming any caffeinated beverages, energy drinks, or alcohol. Avoid smoking and all nicotine products.
- Please do not wear any jewelry or hair accessories/ clips of any kind on the day of your procedure.
- Please thoroughly remove **ALL** facial, eye, and neck makeup with a gentle cleanser.
- Wear comfortable clothing with a loose collar or button- up shirt.

### Items you may need (ALL ITEMS ARE SOLD OVER THE COUNTER)

#### Aftercare



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



**Arnicare<sup>®</sup> Cream** – Rub into bruised or sensitive area(s). Do not place on stitches or around eyes.

**Arnicare<sup>®</sup> Tablets** – start 4x/day one week prior and after procedure. Available at Whole Foods, health food stores, and local drugstores .



**Bacitracin Ointment (without aloe)** – place on incision area(s) as directed by our staff.

#### Fractional Laser Aftercare



**CeraVe<sup>®</sup> Hydrating Cleanser** – For Normal to Dry Skin

**CeraVe<sup>®</sup> “PM” Facial Moisturizing Lotion** – For Normal to Dry Skin

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

**Use Baby Shampoo/ Shampoo for sensitive skin until ALL of the stitches are removed.**

#### Eye Procedure Aftercare



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

**Artificial Tears** – to rinse eyes upon waking in the morning.