

## Fractional CO2 laser resurfacing pre-surgery shopping list/information

### SHOPPING LIST

\*Low sodium foods (high sodium foods will increase your swelling making you more uncomfortable) such as unsalted crackers, graham crackers, reduced sodium soups, jell-o, bananas, rice, bread for toast, etc.

\*If you don't have a recliner at home please be sure to have enough pillows to prop yourself up while sleeping. You will need to sleep elevated for approximately one week after surgery. If you are from out of town it is a good idea to bring a few pillows with for the ride home.

\*Sunscreen- please be sure to have a GOOD sunscreen on hand to put on after your skin is mostly healed. We do have zinc oxide based sunscreens available at our facility, but if you buy your own they must cover both UVA and UVB rays and be at least an SPF 50.

\*white distilled vinegar (if you experience itching after your laser it helps to mix 1 tbsp of white distilled vinegar with 1 quart of water and dab onto your face periodically with a wash cloth)

\*Claritin or zyrtec (if you experience itching after your laser it is a good idea to have this around the house to take to help minimize the itchiness)

\*Mild facial cleanser (we do carry ZO or Vivier cleansers at our facility which you may purchase. If you do not use this you may use your own but be sure it does not contain alcohol or perfumes)

### INFORMATION

\*You need to have a responsible driver/caretaker with you on the day of your surgery. You may not under any circumstances take a taxi/shuttle/bus home from the surgery center by yourself. This is for your own protection and safety. If you arrive to the surgery center without a driver/caretaker, you will not be allowed to have surgery.

\*You may not eat, drink, or smoke after midnight the night before your surgery. You also cannot chew gum nor have any hard candy or anything in the mouth after midnight the night before. This is extremely important, and we will refuse to perform your surgery if you have not followed these instructions.