



Preoperative Instructions for Dermabrasion

1. Do not smoke or use tobacco products.
2. Do not use tanning beds for at least 6-8 weeks prior to resurfacing procedures.
3. Avoid sun exposure at all times by regularly using sunscreen. An SPF of at least 30 is recommended.
4. Take all medications as prescribed:

Medications to be **STARTED 4 WEEKS PRIOR** to your scheduled procedure

- Tretinoin cream (Retin-A 0.05%, Retin-A Micro 0.04%, Renova 0.02%). Apply to clean, dry face at night.
- Hydroquinone 4% cream, Apply cream to clean, dry face two times per day.

Medications to be **STARTED 24 HOURS PRIOR** to your scheduled procedure

- Acyclovir 400 mg, take one tablet three times per day. Acyclovir is to be taken for a total of 10 days.
 - Famcyclovir 500 mg, take one tablet two times per day. Famcyclovir is to be taken for a total of 10 days
 - Valacyclovir 1000 mg, take one tablet one time per day. Valacyclovir is to be taken for a total of 15 days.
 - Keflex 500 mg, take one tablet 4 times per day. Keflex is to be taken for a total of 10 days.
 - Azithromycin 500 mg, take 2 tablets 24 hour prior to your scheduled procedure. Take one tablet for the next 4 days.
5. On the day of your procedure, arrive to the office with all cosmetics removed and your face should be clean and dry.
 6. If you are having your procedure performed under IV anesthesia, additionally, please refer to the *Same Day Instruction Sheet*.

If you have any questions regarding the above instructions, please call our office. It is very important to comply with all of the above instructions to give you optimal results and to minimize the risk of complications.

Our number is 814-235-7700.