

**CENTER FOR FACIAL, ORAL & IMPLANT SURGERY**  
**Laser Resurfacing of the Face**  
**Pre-Op Instructions**

1. Start both of the following creams four to six weeks prior to laser surgery:  
  
In the morning, after cleaning your face apply hydroquinone 4% to the entire facial area.  
  
At night, after thorough cleansing, apply 0.025% Retin A to the entire facial area.
2. On the day before surgery, the day of surgery, and the day after surgery, take the prescribed antiviral medication: Valtrex (valacyclovir)--1 pill per day.
3. Do not eat or drink anything after midnight the night before surgery. However, a small amount of water may be swallowed with your regular medications. Diabetics should adjust their medicines accordingly, but most other medications will be continued as usual. If in doubt, call our office at the number below.
4. On the day of surgery, shave all facial hair and trim sideburns to a high level.

**Note: Once you have had you laser surgery, you will stop using Retin A and the hydroquinone cream and will restart them when the doctor tells you to do so.**

If you have any questions, please call our office at (903) 315-3810.