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Board-Certified Plastic Surgeon

PREPARING FOR SURGERY – Facial Peel

Be certain to read these instructions carefully prior to your surgery and follow them closely.

12 WEEKS BEFORE SURGERY

- Discontinue all nicotine products.
- If you choose, okay to resume six weeks after surgery.

4-8 WEEKS BEFORE SURGERY

- **START Tretinoin and Hydroquinone (BensiSkin Advanced or other prescribed peel kit)**
- If you wear contacts, plan to wear glasses only for 7-10 days after surgery.

THREE WEEKS BEFORE SURGERY

- Arrange transportation for the day of surgery.
- Arrange for accommodations if you live outside Portland (plan to stay one night in Portland after surgery). Recommended hotels can be found at www.DrHayesSupplies.com
- Arrange for someone to stay with you the night of surgery (first 24 hours).
- **THE FIRST IN-PERSON POST-OP APPOINTMENT** will be 1 day after surgery. You will need someone to drive you to this appointment.

TWO WEEKS BEFORE SURGERY

- **Medication: Begin taking Vitamin C (2,000 mg daily).**
- You will have your pre-operative appointment 2-3 weeks before surgery.
- Have all prescriptions filled (given at pre-op appointment)
- **DISCONTINUE WEIGHT LOSS SHOTS TWO WEEKS BEFORE SURGERY (SEMIGLUTIDE, TERZEPATIDE AND SIMILAR). If you are diabetic discuss how to discontinue with your prescribing physician.**
- **Do not take any aspirin, ibuprofen (Motrin), naproxen (Aleve), turmeric (curcumin), Vitamin E, fish oil, garlic pills, ginseng, ginger, ginkgo, bromelain, kava kava, celery root or medicines containing these compounds for 14 days before your surgery.** Other medications prescribed by your personal physician should be taken as necessary.
- Purchase the following over-the-counter medications (**Miralax, Tylenol**).
- Purchase post-operative supplies. See link at www.DrHayesSupplies.com
- Payment due for surgery.

5 DAYS BEFORE SURGERY

- **DISCONTINUE Tretinoin (Retin-A) and Hydroquinone (BensiSkin Correct or other retinol creams)**

3 DAYS BEFORE SURGERY

- **Medication: Begin taking Valtrex as prescribed (Valacyclovir, Anti-Viral) - medication is taken twice daily for 10 days. This decreases the risk of reactivation of HSV virus. The peel can trigger a cold sore, which can lead to scarring.**
- **Do not shave 3 days prior to your procedure**

24 HOURS BEFORE SURGERY

- Relax and eat well.
- **Do not eat anything for 6 hours before surgery.**
- **Do not drink anything for 4 hours before surgery.**

DAY OF SURGERY

- Brush your teeth. Leave contact lenses at home.
- Avoid using hair products, body lotions, deodorants, or perfumes on the day of surgery.
- Wear a front-buttoned shirt, loose/comfortable pants, and shoes (something that slips on and off easily). Bring a jacket.
- Leave valuables at home, including jewelry, handbags.
- **Arrive on time.**
- Your caregiver will be instructed in post surgical care when they arrive to transport you.

POST OP APPOINTMENTS

- Review your scheduled post-op appointments.
- You will need a ride to appointments for the first week.

ITEMS FOR POSTOPERATIVE COMFORT

- Sleeping with your head-up on your back will be most comfortable (recliner or propped up on pillows).
- Wear comfortable clothes that button or zip in the front.
- Plan that the clay mask (Green bismuth) will flake off on your clothes and bedding. Plan accordingly.
- You will not be able to wear contacts for 7-10 days after surgery.

- See postoperative instructions for peel.

***PLEASE CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS:
503-748-0069***