



### **Pre and post laser treatment information sheet**

#### Eye Drops:

- Tobramycin ophthalmic solution- use 2 drops at night time or four times a day as directed the day after the procedure

#### Prophylactic anti- viral:

- Valtrex (valacyclovir) 500mg- take one capsule twice a day for 7 days. Start one day before the procedure.

#### Antibiotics:

- Keflex (Cephalexin) 500mg - Take one twice a day for 10 days, start one day before the procedure
- Doxycycline 100mg - Take one tablet twice a day for 10 days, start one day before the procedure

#### Miscellaneous:

- Hydrocodone with acetaminophen 5mg/325mg – take one tablet every 4-6 hours as needed for severe pain.
- Tramadol 50mg - take one tablet every 4-6 hours as needed for severe pain.
- Celebrex 100mg – take one tablet every 4-6 hours as needed for moderate pain
- Tylenol 500mg- take one tablet every 4-6 hours as needed for mild pain
- Valium (diazepam) 5mg- take one tablet the night before the procedure as needed for anxiety. Take one tablet the day of procedure as directed by medical staff.

### **Laser Post Procedure List**

- Gentle cleanser (wash 4 times a day): SkinCeuticals- Gentle Cleanser or Cetaphil (OTC)
- Occlusive Ointment (apply 4 times a day for 3 days): SkinCeuticals- Hydra Balm, Aquaphor ointment (OTC), or Vaseline ointment (OTC)
- Non- Occlusive Moisturizer (apply 3 times a day starting on day 4) – SkinCeuticals Epidermal Repair, Cerave lotion (OTC), Cetaphil (OTC)
- Sun Block 50+SPF (apply 2-3 hrs. a day starting on day 5): SkinCeuticals Fusion, Sheer, or Matte UV Defense
- Lubricating Eye Drops
- Cool- Compressions: Frozen peas or a face cool pack for the first 3 days
- Mineral Make-up after day 7
- Steroid cream/ ointment (prescription given by the Doctor if needed)
- Hat to protect treated area from sun exposure

---

Name of Patient (Please print)

Date

---

Signature of patient

Signature of witness