

CHEMICAL PEEL OR DERMABRASION

DATE OF PRE-OP: _____

OFFICE APPOINTMENTS AFTER SURGERY:

DATE OF SURGERY: _____

ADMIT TIME: _____

ABSOLUTELY NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO YOUR SURGICAL PROCEDURE. THIS INCLUDES WATER, MEDICATION, JUICE. NOTHING BY MOUTH.

1. No intake of white refined sugar in any form, this includes cakes, ice-cream, cookies – if you are not sure, ask – for one week prior to surgery.
2. No Aspirin or Aspirin containing medication such as Empirin, Anacin, Excedrin or Bufferin for 10 days before and 10 days after surgery.
3. No thermally hot foods or hard chewing. No alcoholic beverages for 10 days.
4. Apply prescribed ointment to the treated areas to keep lubricated.
5. No sun-bathing one week before and two weeks after surgery.
6. No tub baths or showers for five days after procedure, you may sponge bath.
7. Hair may be washed five days after surgery and dried with a cool drier. Wash hair the day prior to surgery.
8. Please wear easily removable, comfortable clothing e.g. shirts which open down the front, nothing to be removed over the head, on the day of surgery.

****IMPORTANT****

PLEASE TELEPHONE THE OFFICE THE DAY BEFORE YOUR SURGERY TO CONFIRM YOUR ADMIT TIME (213) 274 7821 or (213) 276 1176.