

**VenoLase Laser Treatment Center
Palisades Professional Center
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West Nyack, New York 10994
845-358-8878**

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845-641-8661 (Dr. Epstein's Cellular)

Laser Pre Op Directions :

*****Continue all of your regular medications unless otherwise instructed.**

1. **Supplies that you will need:** You want to have these supplies at home prior to your procedure day.
 - a. **Valtrex** (valcyclovir) pills (you will need to fill this prescription before your procedure. Start taking 1 gram pill of Valtrex, with breakfast the day before your procedure. This medication must be taken whether or not you have a history of cold sores or herpes simplex.
 - b. 4 gallons of distilled water (purchase at local drugstore or supermarket)
 - c. 1 quart of white vinegar
 - d. Aquafor ointment (4oz size) or generic sterile vaseline
 - e. Unscented gentle cleanser: (Cetaphil or Green Tea Cleanser (from our office)
 - f. White 4x4 non-sterile gauze pads or several clean wash cloths
 - g. Extra white pillowcase covers
 - h. Tylenol
 - i. **Sunblock** (non-chemical sun protection) www.wendyepsteinmd.com for information about sun protection.
 - j. Soft icepacks or several bags of frozen peas stored cold in your freezer

2. What do I need to prepare before for my laser procedure:

a. Dilute Vinegar Solution

It is recommended that the day before your procedure that you prepare at least one

gallon of the ***Dilute Vinegar Solution.***; *You will need several (up to four) gallons in the days following your laser procedure. Dilute vinegar is used to clean your skin and prevent infections after your laser procedure.*

How to Prepare Dilute Vinegar Solution:

Start by preparing one gallon of the ***Dilute Vinegar Solution*** the day before your procedure..

- For each gallon that you make begin by pouring one cup of water from the gallon jug of distilled water into a separate clean container, cover and place in your refrigerator for future use. (This will give you room in the gallon jug for the ONE (1) CUP of white vinegar that you will be adding to the jug.)
- Next, add ONE (1) CUP of white vinegar to the one gallon jug of distilled water from which you have already removed one cup of water.
- Place the now dilute vinegar solution into your refrigerator so that the mixture will be cold when you begin using it after your laser procedure.
- Repeat these instructions when making additional gallons of dilute vinegar solution.
- Discard any used dilute vinegar solution

b. Cold Ice Packs or Frozen Pea Bags:

You will be icing your face every two hours for 20 minutes maximum to reduce swelling and any discomfort following your laser procedure. Please have either four frozen bags of peas in your freezer or soft ice packs ready for when you return home immediately after your laser procedure.

c. Valtrex (valcyclovir) anti herpes simplex medication

Valtrex (valcyclovir) is to be taken whether or not you have ever had a cold sore of herpes simplex infection of the face. If you experience an outbreak of herpes simplex, cold sores, any time within two weeks prior to your procedure immediately call the office to reschedule your procedure.

Why do I need to take Valtrex, an antiherpes medication even if I do not remember ever having a herpes or cold sore?

Many people are infected with herpes simplex virus and may not even know that they once had an outbreak. Herpes virus never leaves our bodies and can reoccur especially under stress, sun exposure or during a surgical procedure, laser treatment, injectable fillers, dental procedures. Therefore, it is necessary for you to take an antiviral medication (valcyclovir) in order to prevent a herpes outbreak while your new skin is forming. Herpes simplex virus can cause scarring of the skin. When your skin is treated with laser an outbreak of a herpes infection can spread over the entire new healing skin and could lead to scarring.

!!!! IF YOU HAVE A HISTORY OF COLD SORES OR HERPES SIMPLES OF THE FACE YOU WILL BEGIN TAKING VALTREX (VALCYCLOVIR) 1 GRAM STARTING FIVE DAYS PRIOR TO YOUR PROCEDURE.!!!! Then 2 GRAMS TWICE THE DAY OF YOUR PROCEDURE FOLLOWED BY 1GRAM FOR FIVE DAYS.

3. When do I start taking Valtrex (valcyclovir) and how much do I take?

Start taking Valtrex one (1) pill the day prior to your procedure. On the day of your procedure you will eat a light meal and drink fluids until two hours prior to the procedure. Two hours prior to the procedure you will take two (2) of the Valtrex (valcyclovir) one gram tablets with liquid. You will again take another two (2) Valtrex (valcyclovir) tablets twelve hours later. You will continue to take one Valtrex (valcyclovir) tablet twice a day for the next four days (a total of five days) provided that you do not have any evidence of cold sores or herpes on your skin. If any sign of skin infection or question immediately call me on my cell phone number 845-641-8661 and call the office 845-358-8878. Continue to try to contact me until you and I have spoken directly to each other.

Please call the office 845-358-8878 or my cell 845-641-8661 if you have any questions about your procedure. When scheduling your appointment leave yourself time to recover. Plan the timing of your procedure when you are not going to be exposed to sunlight and when you do not have any important social appearances. Continue your regular medications unless otherwise instructed.