

FX Pre Procedure Instructions
Rhoad, M.D.

Deirdre

Pt. Name: _____ Chart# _____
Surgeon

Board Certified Plastic

512-476-9149 Ofc. 512-917-9287 cell/text

Pt. DOB: _____ Pt. Tel. # _____

Surgical Procedures: _____

PreOp Day/Date/Time: _____

Surgery Day/Date/Time: _____

Location: _____

ALLERGIES: _____

MEDICATIONS: to be filled before procedure

- Valtrex/Valacyclovir** (to prevent cold sores) 1 gram
One day prior to FX: take 1 tablet every 12 hours x 2 doses
- Keflex/Cefalexin** (antibiotic) 250 mg
On the morning of procedure:
Take 1 pill by mouth *2 hours before arriving* at the office. Take one hour apart from pain pill Norco to avoid nausea.
After procedure, take as written on the bottle
- Phenergan/Promethazine** (for nausea) 25 mg pill
On the morning of procedure:
Take one tablet *2 hours before arriving* at office.
After procedure, take as written on the package.
- Norco/Hydrocodone + Acetaminophen** (for pain) 7.5/325 mg
On the morning of procedure:
Take 3 tablets by mouth *1 hour before arriving* at the office.
After procedure, take as written on the bottle or take 1 tablet every 4-6 hours as needed for pain.
- Valium/Diazepam** (for anxiety/pain) 5 mg
On the morning of procedure:
Take 2 pills by mouth *1 hour before arriving* at the office.
After procedure, take as written on the bottle or take 1 pill in the morning as needed for pain/anxiety.
- Medrol dose pak** (for swelling) 4 mg
Begin *after procedure* (first dose given at end of treatment). Take per package instructions.

*** Discontinue aspirin, ibuprofen, Motrin, Aleve, Vitamin E, flax seed, fish oils 2 weeks prior to procedure**
***Do not take Norco (pain pill) within 1 hour of taking Keflex/Cefalexin (antibiotic), as this may cause nausea**
***Bring your medications with you to the procedure – you will take more after arrival at the office**

PHARMACY: _____ Location: _____ Phone: _____ Called in by: _____

PRODUCTS FOR FX

- Epionce Enriched Firming Mask** (green cream)
Use *1st 24 hours* as often as needed to stay moist and *at bedtime* every evening thereafter until skin peels. *Apply by patting skin with product - Do not massage into skin. Skin should be tacky to the touch.* (1st tube included in price of FX).
- Epionce Medical Barrier Cream** (white cream)
Use at least *every 4 hours* while awake or as often as needed to **stay moist**. *Apply by patting skin with product - Do not massage into skin.* (1st tube included in price of FX).
- Gentle/Sensitive skin cleanser (available at office)
- Sunscreen SPF 30+ with high concentrations of zinc oxide and/or titanium dioxide (available at office) – **USE AFTER PEELING IS COMPLETE.**
- Mineral make-up: Such as Bare Minerals, Glo, Jane Iredale – Apply over moisturizer after skin peels
- Do not use other products until directed by Dr. Rhoad

POST CARE

- Clean with TEPID water and gentle cleanser 1 time daily, beginning the morning after procedure.

- KEEP MOIST AND COOL - Apply **Enriched Firming Mask** 1st 24 hours and at bedtime. The next 24 hours and thereafter apply **Medical Barrier Cream** at least every 4 hours while awake to keep skin moist.
- Keep cool!
You may have a “hot” feeling for the first few hours after treatment - cold packs help greatly. After the first hour, patients do not usually experience too much discomfort, although you will have a full, flushed, sun-burnt facial feeling. You cannot cool too much!
Place ice pack in a pillow case if it is too cold on the treated areas.
- Do not wash your face/neck until the morning after the procedure.
- Sleep and rest with head elevated – head above heart (recliner or pillows) for several nights to minimize swelling
- **No picking or scrubbing** of exfoliating skin - allow it to gently exfoliate with the washing process. No wash cloths!
No exfoliating products!
- Sleep and rest with head elevated
- Vinegar soaks: They help with itching, clean the skin, and help with skin shedding process. Mix 2 tablespoons of white vinegar with a cup of cold water. Soak a wash cloth in the solution and cover your face with the cloth for 10 to 20 minutes.
- If you experience pain, let Dr. Rhoad know.

Redness and swelling is expected to be moderate to severe. Remember it is normal to look worse the day after the procedure and even worse on the second day! However, if blistering, extreme redness and swelling, signs of burns, ulcers, infections, smell, or anything you are concerned about occurs, call Dr. Rhoad 512/917-9287 immediately.

DAILY ACTIVITY

- NO DRIVING for 24 hours following procedure or while on medications
- Shower and hair wash is okay next day after treatment but NO hot water or steam.
- May use mineral makeup on day 6 or 7 for lighter treatments or after skin is healed for deep FX
- Protect from sun exposure for minimum of 6 weeks. Wear sunblock containing zinc oxide after day 5 and also a hat whenever outdoors.
- Make sure hat, collars, scarfs do not rub skin.
- No waxing of treated areas until cleared by the doctor.

EXTRAS

- Advil (ibuprofen) 800 mg three times per day or Aleve 500 mg two times per day may be taken as an anti-inflammatory to help decrease discomfort and swelling
- Benadryl 25 mg up to four times a day may be taken for itching. Benadryl may make you drowsy or wired – try Vinegar soaks first.
 - It is normal for your skin to have lighter and darker areas as it heals. The skin will likely heal unevenly, with the eyes/mouth areas taking longer to heal. Healing varies from patient to patient.
 - A flare up of acne or formations of milia (tiny white bumps on the skin) may occur 2-3 weeks Post-Treatment. These are not unusual and can be easily treated and resolved. Contact our office if this occurs and we will provide an antibiotic prescription if necessary.
 - Abnormal healing: if you notice blisters, burns, cuts, bruises, scabs, areas of raw skin, ulcerations, active bleeding, increased pain or discomfort, pigment changes, or any other problems, please call the office or Dr. Rhoad’s cell if after hours. 512-917-9287

DIET RESTRICTIONS

Morning of procedure: eat a light meal – NO caffeine. Take regularly scheduled medications unless otherwise directed by Dr. Rhoad

- After procedure eat toast or crackers until you know how your stomach will react
- No salty/spicy/greasy foods, no added salt (canned soup must be no salt)
- No smoking or other nicotine products (including snuff, chew, patch, gum, etc)
- No alcohol if taking Norco pain medicine, Valium or Phenergan.
- No caffeine products (no coffee, chocolate, teas, sodas) for 5 days
- Drink plenty of water!
- Avoid constipation – take a laxative (Colace or Milk of Magnesia) if necessary. Pain med may cause constipation.

SHOPPING LIST/TO DO

- Pick up medications at Pharmacy (will be called in 1 to 2 days prior to procedure) Bring to procedure.
- Cold compresses (double bagged crushed ice, blue gel, frozen peas, etc.)
- Cooling/Misting Sprayer or NEW spray bottle filled with cold water
- Sunglasses/hat/scarf (light weight and loose fitting)
- Transportation/Friend

PRECAUTIONS

- You will need a friend or family member to bring you to office on day of procedure. You may NOT take a Taxi!
- A driving adult needs to stay with you for the 1st 24 hours following the procedure.

- Keep treated areas COOL and MOIST
- Protect pillow and clothing – change pillow case daily (these may get stained)
- Gently wash with tepid water and gentle cleanser 1 time/day, beginning morning after treatment. Use fingers, not wash cloth or towel.
- Shower is okay but NO hot water or steam
- NO picking or scrubbing of the exfoliating skin. Allow to exfoliate with the washing process.
- NO sun exposure for 6 weeks
- Wear hat and any clothing that touches treated areas loosely for 1st month
- Avoid dirty, dusty environments. Avoid hair sprays, perfumes, etc. while healing
- Avoid topical exfoliation for 4 week

MISC.

The morning of procedure dress comfortably. Wear a large t-shirt with upper chest cut away to expose area to be treated.

No caffeine morning of surgery. Bring all your meds to surgery.

- Call or see Dr. Rhoad with any concerns – call office during office hours. You may call or text cell phone 512-917-9287 after hours.
- In case of emergency (increased pain or swelling, fever above 100F), call Dr. Rhoad *immediately!***

FEES: _____ Amount due: _____

POST PROCEDURE APPOINTMENTS:

- 1 to 2 days after procedure _____ Additional appointments will be scheduled.