

## Patient Shopping List

Please have these items before your procedure

- Gentle Cleanser
  - We recommend Cetaphil Gentle Cleanser
- White Distilled Vinegar
  - Helps as a natural astringent and defoliant accelerator, also helps kill bacteria on the skin
- Large tub of Vaseline or Aquaphor
  - Works as a protective barrier and moisture occlusion for the skin
- Eucerin, Cerave or Cetaphil Moisturizing Cream
  - Used to protect the skin from infection and aid the skin to heal
- Soft Gel Face Masks, Ice Packs, Small bags of frozen peas
  - Helps swelling subside and used for personal comfort
- Ibuprofen, Advil, Motrin (ONLY if patient CANNOT take Vicodin/Hydrocodone)
  - Helps with pain control and inflammation
- Hydrocortisone Cream or Benadryl
  - To be used under the Vaseline/Aquaphor for no more than 2 days
  - Helps reduce inflammation and itching

Dr. Shin will prescribe 1 week before your procedure

- Valtrex
- Keflex
- Vicodin
- Valium

### Day of FX Procedure

- Please read and sign all consent forms that are provided at the time of appointment
- Photographs will be taken
- Hair needs to be pulled back before the procedure
- Areas will be cleansed and numbed with a topical medication for 45 minutes

### During the FX Procedure

- The topical anesthetic will be taken off
- Either laser protection goggles or metal protectors will be placed on your eyes
- The procedure will take approximately 60 to 90 minutes

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Mike S. Shin, M.D.

Ear, Nose, and Throat  
Facial Plastic and Cosmetic Surgery

## ACTIVEFX/ DEEPFX/TOTALFX PRE-PROCEDURE INSTRUCTIONS

*Dr. Mike S. Shin and his staff are committed to providing the best possible Ear, Nose and Throat (ENT), Allergy and Facial Cosmetic care in Hanford, California. Dr. Shin also provides surgery for all of Kings County and surrounding areas. Our emphasis is on compassionate care, integrity, and the most innovative and superior medical/surgical service.*

## Pre-Procedure

Remember to follow these instructions before your procedure

- Eat a meal
- Bring a sunhat
- Take all recommended vitamins and prescribed medications
- Shower and wash your face
- Wear a loose, cotton, garment top
- No make-up or lotions on face
- No jewelry
- Shop for your post-laser supplies

MEN

- Must shave before your procedure

## Helpful Hints

- Have a fan handy to help cool the feeling of extreme sunburn to the face
- Sleep with your head slightly elevated for the first couple of days
- If the Vicodin is too strong, take it with food.
  - Be sure to take some Valium before bedtime to ensure a good night's sleep. Make sure to finish all prescribed medications as directed

## Patient Medication

Dr. Shin will prescribe these medications 1 week before your procedure  
Remember to bring your medications to your appointment

- **Valtrex**
  - An anti-viral medication
  - Lasers can stimulate a breakout on your lips, face or elsewhere, Keflex is used to treat cold sores and herpetic outbreaks
  - Start Valtrex 2 days prior to procedure and continue for 5 days
- **Keflex**
  - An antibiotic medication
  - Used to treat infections caused by bacteria
- **Vicodin and Valium**
  - For discomfort relief during the procedure
- *You will have to come in for your Post-Operative appointments*
- *Your skin is FIVE times more susceptible to the sun's UV rays, make sure to use SPF 30 or above, wear sunglasses and a sunhat when going out*
- *Alert the office immediately if you have an allergic reaction to any of the medications prescribed*

## MEDICATIONS TO AVOID AND OTHER PRECAUTIONS

- Aspirin or any medications that contain aspirin
- Anti-inflammatory medications
- All nutritional supplements
  - Vitamin C and E, flaxseed, fish oil and herbal teas
  - Large amounts of green tea and garlic
- Stop Accutane 1 year prior
- Stop Retin-A and Triluma 1 week prior
- No dermal filler for a month prior
- Cannot be pregnant, breast feeding, or on fertility medications

*What to expect after your procedure:*

- *Several hours of a hot "sunburnt" feeling*
- *Swelling of the face and or eyes*
- *Extreme redness*
- *Pin point bleeding/ scabbing*
- *Weeping/ oozing*
- *Itching*
- *Acne/ Milia breakouts*
- *Heat/ sun sensitivity*
- *Blistering*
- *Nausea*
- *Bad odor to treated skin as it defoliates*
- *Extreme dryness*

Remember to clear your schedule for several days after your FX Treatment

- You will need to use UVA and UVB blocking agents on a regular basis
- Avoid tretinoin (Retin A) products and alpha hydroxyl acid for 3 weeks
- You may resume your exercise routine after DAY 10, or when Dr. Shin deems you are ready

- A driver is expected to wait or be available when prompted
- Remember to take medications after arriving at office