

These instructions are as important as the procedure itself. Following them carefully will reduce your risk of complications — including hyperpigmentation, infection, and scarring — and give you the best possible result. Please read everything carefully and share with your caregiver.

1. Medications & Supplements

Stop the following 1 week before your procedure. Do not restart until cleared by our office.

✗ STOP — 1 Week Before	✓ OK TO CONTINUE
Aspirin & aspirin-containing products	Tylenol (acetaminophen) — OK for pain
Ibuprofen, Advil, Motrin, Aleve, Naproxen	Your regular prescriptions (confirm with office)
Vitamin E supplements	Birth control, thyroid, blood pressure meds
Fish oil / omega-3 supplements	Anti-reflux / antacid medication
Garlic, ginger, ginseng, ginkgo, St. John's Wort	
Herbal teas & weight-loss supplements	
Retinol / Retin-A / tretinoin products	
Glycolic acid, salicylic acid, AHA/BHA products	
Coumadin, Plavix, or other blood thinners*	

* Blood thinners must be managed with your prescribing physician before stopping.

✦ I have stopped ALL items in the red column and confirmed my other medications with the office. Initials:

2. Skin Preparation — 4 to 6 Weeks Before

Preparing your skin before treatment is essential for optimal results and reducing the risk of post-inflammatory hyperpigmentation (PIH). Follow the regimen below as directed.

Timeframe	Instructions
4–6 Weeks Before	Begin Hydroquinone pads (if prescribed) nightly on cleansed skin. Begin (retinol if prescribed) twice daily. Use SPF 30+ sunscreen every morning. These agents reduce the risk of uneven pigmentation after treatment.
1 Week Before	Stop all retinol, Retin-A, tretinoin, glycolic acid, salicylic acid, and AHA/BHA products. Stop Hydroquinone pads 72 hours before the procedure.

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Fractional CO₂ Laser — Preoperative Instructions

Kyle Yamamoto, MD
Facial Plastic Surgery

Timeframe	Instructions
Avoid Sun	No sun exposure, tanning beds, or self-tanners for at least 2 weeks before your procedure. Active tanning significantly increases the risk of hyperpigmentation. If you are visibly tanned, your appointment may need to be rescheduled.
Accutane	Do not proceed if isotretinoin (Accutane) has been used within the past 12 months. This medication impairs skin healing and greatly increases the risk of scarring.

3. Prescriptions — Fill Before Your Procedure

The following medications will be prescribed to you prior to your procedure. Fill all prescriptions at least 2 days before treatment.

Medication	Instructions
Antiviral — Valtrex (valacyclovir) or Acyclovir	Start 2 days before procedure; continue for full course (5 days). Prevents herpes simplex reactivation — required even if you have no history of cold sores.
Antibiotic — Cephalexin 500mg	Start 2 days before procedure; take twice daily until prescription is complete. Reduces risk of bacterial infection during healing.
Sedation — Valium and/or Percocet (if ordered)	Take when you arrive at the office as directed. You MUST have a driver if sedation is prescribed. ProNox (nitrous oxide) is available as an alternative.

◆ I have filled all prescribed medications and understand I must have a driver if sedation is ordered.
Initials: _____

4. Pre-Procedure Timeline

1 WEEK BEFORE

- Stop all retinol, tretinoin, glycolic/salicylic/AHA/BHA products
- Stop alcohol
- Fill all prescriptions — do not wait until the day before
- Confirm your appointment time with our office

72 HOURS BEFORE

- Stop Hydroquinone pads

2 DAYS BEFORE

- Begin antiviral (Valtrex/Acyclovir) and antibiotic (Cephalexin) as directed

THE NIGHT BEFORE

- Have your vinegar, gauze, and Aquaphor ready at home
- Wash your face and hair thoroughly with a gentle cleanser and shampoo
- Eat a normal dinner
- Get a full night of sleep

DAY OF PROCEDURE

- Arrive with clean skin — no makeup, moisturizer, sunscreen, or lotion
- No jewelry or contact lenses — bring eyeglasses
- Wear loose, comfortable clothing with a front opening (button-down or zip-front) — ointment will be used around the treated areas — wear clothes you are OK getting messy with ointment and skin peeling.
- If sedation was prescribed, take as directed when you arrive — your driver must be present
- Do not wear hairspray or hair gel

⚠ **Eat a full meal 2–3 hours before your appointment to avoid stomach upset from medications.**

⚠ **Your procedure may be postponed if you have visible sun exposure or tan, active infection, or recent Accutane use.**

5. Supply Checklist — Have These Ready Before Your Procedure

Gather these items before your procedure date. Most are available at any pharmacy.

☐ Gentle cleanser (Cetaphil or other gentle wash)	☐ Antibiotic prescription (Cephalexin) — fill before procedure
☐ Aquaphor Healing Ointment	☐ Antiviral prescription (Valtrex / Acyclovir) — fill before procedure
☐ White distilled vinegar and ice	☐ Tylenol / acetaminophen — for discomfort
☐ Square gauze pads (for vinegar soaks)	☐ Valium / ProNox — if ordered, arrange a driver
☐ SPF 30+ mineral sunscreen (zinc oxide / titanium dioxide)	☐ Benadryl (OTC) — for itching if needed
☐ comfortable, loose fitting clothing you are OK getting messy	☐ Old pillowcase or towels to protect bedding

6. What to Expect Immediately After

The following are normal — do not be alarmed:

- Redness and a hot sunburn sensation immediately after — typically lasts 3–5 hours
- Moderate swelling, especially around the eyes and cheeks — peaks at 24–48 hours
- Skin darkening (a “bronzed mask” appearance) over days 1–3

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- Oozing and serous fluid production — days 1–4
- Crusting and peeling — begins around day 4–5; do not pick
- Redness (pink skin) after peeling — may persist for several weeks to months

⚠ **CALL US IMMEDIATELY if you develop: rapidly worsening pain, fever, spreading redness, yellow/green discharge, blistering, or any signs of infection.**

⚠ **After hours, go to the ER and contact our emergency line.**

7. Follow-Up Schedule

Follow-up is important after CO₂ laser resurfacing. Your expected schedule is:

- 1 week – f/u (in-person or photo/phone appointment)
- 1-3 months

Text us a photo of your skin 5–7 days after the procedure at 775-525-1712 so we can monitor your healing progress remotely.

A note before you proceed: Please read through this document carefully — not the night before, but with enough time to reach us if you have questions. Every instruction here exists to protect your results and your safety. If anything is unclear, call or text us at 775-525-1712. We are always happy to answer questions and want you to feel fully prepared and confident going in.

Acknowledgment

I have read and understand these preoperative instructions. I agree to follow them completely. I understand that failing to follow these instructions may compromise my safety, my results, and my recovery.

Patient Signature

Date

Patient Printed Name

Witness / Staff Signature