



## **RESURFX PREPARATION**

### **PLEASE WATCH DR. JANJUAS VIDEO ON YOUTUBE:**

### **PREPPING FOR RESURFX - DR. TANVEER JANJUA - NEW JERSEY**

**Resurfx laser can cause significant pain and burning during and after the procedure. To minimize this pain you need to strictly follow the steps below.**

- Twenty minutes before the procedure wash your face or the area being treated with a regular soap.
- Then scrub the area with a facial scrub for 5 minutes and wash it away.
- Now dry the face
- 4. Apply the numbing cream using your finger or a cotton ball all over the area. In the face apply it on upper and lower eyelids while preventing it from getting into the eyes. **DO NOT USE EXPIRED NUMBING CREAM.**  
**Cover this skin with small pieces of saran wrap.**
- Use up 2/3 of the tube and bring the remaining with you to the office.
- Take the Valtrex if it was given to you.
- Take 600mg of Motrin (if your stomach can handle it) and 500mg of Tylenol.
- **If you cannot do the above steps on your own please come at least 45 minutes before your appointment and bring the numbing cream with you so that we can apply it for you.**

**After your treatment the heat sensation can last 1-3 hours. You may experience redness or swelling which can last 2-3 days. To minimize apply cold compresses. Take Benadryl at bedtime if you have excessive redness. Dryness is normal after this procedure.**

- After your treatment you may wash your face with a gentle cleanser.
- Moisturize frequently and use sunscreen daily with an SPF of 30 or above.
- You may wear light make-up the day after your treatment.
- Avoid sun exposure 2 days before and 2 days after treatment.



- Avoid using Glycolic Acid, Retinol Products, facial scrubs and toners 5 days before and 5 days after treatment.
- You may resume your normal skin routine after one week.
- If you experience any symptoms that seem unusual or blisters/cold sores please contact the office.