

# Skin & Laser Center of Grosse Pointe

Ferrara Dermatology Clinic, PC

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## PROCEDURAL PRECAUTION SHEET

There are many procedures and services that require complete awareness of your list of all medications and supplements, medical history (i.e., skin cancer history and herpes infection), previous treatments you have had to proposed treatment sites, and environmental exposures such as tanning.

- 1) **HSV (Herpes Simplex):** if you have a history of cold sores around the mouth or face, we may advise on pre-medicating with an antiviral medication (valacyclovir, acyclovir, or famciclovir). Injections and certain treatments around the mouth can re-activate a cold sore eruption. Take your antiviral pills the day before the procedure and up to two days after procedure.
- 2) **BRUISING POTENTIAL:** there are many medications that can make bruising worse and, therefore, review your medications to see which are advised to stop one week prior to anticipated procedure. Special attention should be given to medications when scheduling microneedling, PRP, and injections in general.
  - A) **AVOID**, if possible, certain **medications/supplements** for one week prior to procedure: NSAIDs such as Motrin, Ibuprofen, Naproxen, Advil, Aleve, and Aspirin; Vitamin E, St John's Wort, Green Tea, Garlic supplements, Fish oils, Warfarin, Coumadin, Eliquis, Pradoxal, Effient, Ginkgo, Ginger, and Ginseng.
  - B) **AGING:** with aging comes thinner and more fragile skin. We expect more bruising as we age and, therefore, a 60 year old may show more bruising than a 30 year old with filler, for example.
- 3) **POSSIBLE PREVENTION AND TREATMENT OF BRUISING:**
  - A) **Arnica** supplements (1-3 days prior to procedure and twice a day for 2 days after) and cream can be used prior to and after injections. **DerMend** (Arnica Cream) is widely available in the pharmacy. **Bromelain** (supplements or in pineapple stems) have been reported to help as well. **Vitamin K cream** used after a procedure can hasten resolution of bruising.
  - B) **Icing:** do not freeze your skin, but cold compresses can help minimize bruising.
  - C) **If you bruise** (more than expected): discuss with the estheticians if you qualify for Vbeam laser over areas of bruising. This can help to resolve the bruise more quickly. Early intervention works best.
- 4) **ALLERGY:** make sure we are aware of any allergy to medication, cream, or anesthetic prior to any service.
- 5) **LASER PROCEDURE:**
  - A) If you are having ablative laser performed, make sure you understand the various medications as part of your protocol which may include antibiotic, antiviral, topical medication, recovery moisturizers, and pain medication. Make sure you share with us any allergy you may have.
  - B) If you are having Laser Hair Removal or Intense Pulsed Light (IPL), or any laser treatment, they are most safely delivered with **no tanning** of the skin. Even in October or November, alert us as to whether you carry additional residual skin color (tan) from summer. **Tanning** and **Self-Tanners** can cause unnecessary burning.
- 6) **INFORM US:** regarding history of facial skin cancer, internal cancer, chemotherapy, steroid therapy, active skin disease, blood disorder or platelet abnormalities, chronic infections such as hepatitis and HIV, recent hospitalizations for infection, and recent dental work. **Dental work**, such as teeth cleaning, can seed bacteria temporarily through the blood and, therefore, best practices would avoid injecting filler within 3-4 weeks of dental work. Also, let us know if you have filler or prosthetic implants that have been placed in the face from an outside facility (with emphasis on what and when).

Please review and follow the recommendations as discussed with the physician, assistant, or esthetician. If you have any questions regarding procedure or protocol, do not hesitate to contact us.

Have your **checklist** ready concerning recommended preparation, product use, pre-medication, sun avoidance and sunscreen.