



## Pre-Treatment Instructions CO2 Ablative Laser without PRP

### PREScribed MEDICATION TO BE USED PRIOR TO LASER PROCEDURE

- 1. Acyclovir:** Begin using the Acyclovir/Valtrex **one day** prior to your treatment date. Continue to take medication post treatment until all medication is finished.
- 2. Hydroquinone** Start using the Hydroquinone up to two weeks prior to your procedure (if time permits). Apply to a clean face **twice daily (morning & night) prior to applying moisturizer**. Use only a pea size amount for each application.

**Due to the amount of time dedicated to the CO2 procedure and the number of staff members involved, you are required to provide 48 hour notice for re-scheduling or cancelation to avoid forfeit of your \$500 deposit or forfeit of your prepaid treatment.**

### The following instructions will help you prepare for your treatment day

- **We are asking your body to produce an immune response. Please get plenty of rest and increase your nutritional intake of Vitamin C to boost your immune system. Increase consumption of green leafy vegetables for healing and lean proteins for collagen production.**
- Avoid sun exposure or spray tans for approximately two weeks prior to your treatment. Wear a broad-spectrum sunscreen of at least SPF 30 to protect your skin.
- Patients who are pregnant, breast-feeding, have an active skin infection or active cold sore in the treatment area, or have been on Accutane within the last year cannot be treated.
- Stop applying any "irritating" skin products at least **one week prior to treatment**. These include prescription Retin-A and Glycolic Acids.
- Increase consumption of water starting 2 days prior to treatments (8 – 8oz glass/day). Drink at least 8 oz. of water right before your treatment.
- The doctor has written prescriptions for medications (see medication list) to be used before and after your laser treatment. Have these filled by your pharmacist and available the day of your treatment. **Be sure to bring all prescribed medication to your laser appointment.**
- Eat a well-balanced meal a few hours before your laser treatment.
- Have someone available to take you home after your treatment if you are taking any prescribed pain or anti-anxiety medication.
- Arrive on time for your laser treatment with clean skin. Female patients should not wear any makeup/mascara, lotions, powders or perfumes on or around the areas being treated. Male patients can shave the morning of their treatment but should not apply lotions or aftershave on or around the areas being treated.
- If needed, bring your eye glasses. Contact lenses should be removed prior to treatment.
- Wear comfortable, loose fitting clothes and shoes. Button-front tops are preferable. Do not wear any jewelry on treatment day.
- Please expect to be at **Harmony Skin & Wellness Clinic** for **2-2½ hours**.
- Refrain from using any products containing aspirin or any blood thinners for 7 days pre-procedure. You may use Tylenol if needed. See the sheet for a listing of products that will thin blood. ( Over)

## **Products Required for Post-Treatment Aftercare**

These products are discounted 15% and the total cost is \$110 plus tax.

- **Avene SOS Complete Skin Care Kit** includes: Thermal Spring Water Gel, Tolerance Extreme Cleansing Lotion, Tolerance Extreme Cream Moisturizer, Thermal Spring Water, Cicalfate Restorative Skin Cream and Mineral Ultra-Light Hydrating Sunscreen SPF 50+
- **Aquaphor**

## **Products to Discontinue**

If possible discontinue blood thinners for **one week before your CO2 Ablative Laser procedure**. Aspirin, arthritis medicines, cold medicines, and other drugs containing aspirin cause excessive bleeding. The list below is not a complete list of aspirin-containing or otherwise prohibited products, so be sure to check all medications you might take in the one week prior to your procedure to see if they contain aspirin. If you're not sure contact your pharmacist.

NOTE: Do not take the following for **one week prior to your procedure** without checking with our office. If you have any questions, or are medically required to take these products, notify us or confirm with your doctor that it is okay to stop in anticipation of your procedure. Also, taking some of the listed herbal medications in low doses is okay, but please consult with your doctor.

ADVIL	AGGRENOX	ALEVE
ALKA SELTZER	ANACIN	ARTHRITIS PAIN FORMULA
ASCRPTION	TABLETS	BAYER
BUFFERIN	CAMA ARTHRITIS RELIEVER	CELEBREX
CHONDROITIN	CORICIDIN	DOANS PILLS
ECHINACEA	ECOTRIN EMPRIN COMPOUND	ENTERIC
EPHEDRA	EXCEDRIN	FIORINA
FISH OIL	4-WAY COLD TABLETS	GARLIC
GINGER	GINKO BILOBA	GINSENG
GLUCOSAMINE	GOLDENSEAL	INDOCIN
KAVA	MILK THISTLE	MIDOL
MOBIC	MOTRIN	NAPROSYN
NORGESIC	NUPRIN	PENTASA
PEPTO-BISMOL	PRESISTIN	PROPOXYPHENE
SAW PALMETTO	ST. JOHN'S WORT	TRIGESTIC
VALERIAN	VANQUISH	VICOPROFEN
VITAMIN E		
GREEN TEA		