

PRE-TREATMENT INSTRUCTIONS FOR CO2 FRACTIONAL LASER RESURFACING



- Patients must not be using or the use of Accutane within the last 12 months.
- Patients with a history of Herpes Simplex (cold sores) please notify our office prior to treatment for prophylactic medications.
- Sun and UV lamp exposure should be avoided for one month prior to treatment for full-face CO2 laser or 2 weeks for CO2 laser around the eye area.
- Start Arnica the day before the procedure to help reduce swelling and healing time.
- Please allow at least 1-2 hours for your appointment There will be 30 to 60 minutes of numbing before the treatment begins.
- Please note that if scheduled areas for treatment include chest, neck, or hands, the associated downtime (redness, tenderness, and swelling) will be longer. Count on at least 1 week of redness, discomfort, and swelling.
- Please remove contact lenses prior to arrival.
- Eat a light breakfast the morning of your laser treatment.
- Have someone available to take you home after your treatment, especially if you plan to take anxiety or pain medication prior to the procedure.
- 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 to be treated. Male patients should shave the morning of their treatment but should not apply lotions or aftershave on or around the areas being treated.
- If needed, bring your eyeglasses and wear comfortable, loose-fitting clothes and shoes.
- Prepare your post-care soaks: 2 tsp of white vinegar in a quart of water (place in a pitcher in the fridge).
- Bring a large hat with you to the visit.