

Pre-Treatment Instructions 1540 non-ablative resurfacing

Discontinue the use of Acutane or any systemic acne medication 6-12 months based on the level of treatment. Consult with your prescribing physician prior to doing so.

Discontinue the use of exfoliating creams and other exfoliating products such as, Tretinoin, Retin A, Renova, Differin, Tazarac, Retinol, Epiduo and other topical retinoid 2 weeks prior and during the entire treatment course. The use of retinoid and exfoliants may result in undesirable results.

Use a daily 50 SPF or higher sunscreen and avoid indoor/outdoor tanning and self-tanners 4 weeks prior to treatment, during treatment course and 4-6 weeks after your last treatment in a series. This will reduce the chance of skin color changes and manifestation of new, pigmented lesions. Protect area to be treated with clothing or hats, 2 weeks prior to treatment, and completely avoid direct sun exposure for 1 week prior to your treatment.

If currently taking anti-coagulant medications, blood-thinning medications, systemic steroids and/or photosensitizing medications and supplements, candidates should discontinue use 2 weeks prior to and throughout treatment course or as determined by prescribing physician. **Not that discontinuing use of prescribed anti-coagulants and photosensitizing and systemic steroid medications should only be done with the approval of the prescribing physician.**

Botox and dermal filler procedures must be administered at least two weeks prior to treatment.

Diabetics must have clearance for this treatment from their primary care physician.

If prone to Herpetic breakouts in treatment area there is a risk this treatment may stimulate a breakout. Consult your physician about preventative medications prior to treatment.

Prior to Procedure: Items to pick up and have available post-procedure:

- Gentle Cleanser, Skin Ceuticals or Cetipil
- Non Irritating moisturizer, Epidermal repair or CeraV'e Pm
- Hydrocortisone Cream or oral antihistamines such as Benadryl, Allegra: Itching
- Distilled water and clean washcloth compresses or Skin Ceuticals Biocellulous
- Restorative Mask may be applied to face as an alternative to cold compresses

Prior to leaving for your treatment, we recommend making cool compresses with washcloths soaked in distilled water and squeezed of excess water. Place in a Ziploc and store in the refrigerator for use after your treatment.