

Co2 Resurfacing Micro Ablative Pre-Treatment Instructions:

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.

Use a daily SPF 50 or higher sunscreen and avoid indoor/outdoor tanning and self-tanners 4 weeks prior to treatment and 4-6 weeks after treatment. This will reduce the chance of skin color changes. Protect area to be treated with clothing or hats, and completely avoid direct sun exposure for 4 weeks prior to your treatment. If you are tanned, or had recent unprotected sun, you may not be treated and will have to reschedule.

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. **Note 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.

- On the day of treatment it is important that you clean the area to be treated and apply no other products. Any abundance of facial hair should be shaved prior to treatment.
- If you are a man and your face and neck are being treated, you should be clean shaven before the procedure.
- On treatment day, you should wear comfortable clothes and shoes. If your face or neck is being treated wear a button-down shirt, and bring a wide brimmed hat for after.
- You should not wear a watch or any jewelry on the treatment day. If you wear contacts, do not wear them on the treatment day; bring your eyeglasses instead.
- If you have any questions about these instructions or the procedure, please contact your technician.

- You will need to get the following supplies for post-treatment:
 - Moisturizing occlusive ointment, Aquaphor.
 - Gentle, hypoallergenic skin cleanser- moisturizer per technician directive.
 - Flexible ice/cold packs.
 - White vinegar, non-abrasive washcloths.
 - Antihistamines, Benadryl- Allegra.
 - A broad-spectrum (UVA/UVB) sunblock SPF 50 for post-treatment.
 - Patient prescriptions needed per technician directive, i.e., antiviral. Always take medication as directed by your physician. Usually 1-2 days before your treatment.