

CO2 LASER RESURFACING PRE-PROCEDURE INSTRUCTIONS

Failure to read and follow the instructions can result in the procedure being canceled.

- Read the consent form for laser resurfacing
- We will supply you with one Alastin Post Procedure Recovery System and an Aquaphor.

Obtain supplies for pre and post op care:

- Cold packs
 - White distilled vinegar
 - Distilled water
 - Hair bands to keep hair up
 - 3 packs 4x4 gauze - example
 - Water misting bottle (optional)
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- Avoid tanning lotions, self-bronzers, and tanning beds at least 10 days prior to treatment.
 - Avoid extended sun exposure at least 10 days prior to treatment.
 - Stop use of any retinol and skincare products with active chemical exfoliants (BHAs/AHAs) such as salicylic or glycolic acid, etc at least 10 days prior to treatment.
 - Over the counter supplements such as vitamins may also have products that make your blood thinner. These medications increase the likelihood of bruising and bleeding and should be discontinued at least 10 days prior to treatment, see the medication list for items to avoid for reference on our website.
 - You should have a driver to take you home.
 - Do not wear any makeup or skin care products to the procedure. Come to the appointment with a clean face. If you normally shave any facial hair, please do so the evening before.
 - Dress in layers with short sleeves underneath - you may feel warm during the treatment. If receiving neck treatment, please wear shirts that allow access to the neck such as v-neck or square necklines.
 - Bring a sun hat and sunglasses with you to the appointment for immediate use post procedure.

Pre Procedure (Start 5-7 Days Before Procedure) Daily Product Usage

- *AM*
 - Cleanse with Ultra Calm Cleansing Cream
 - Apply Regenerating Skin Nectar with TriHex Technology®
 - Apply Ultra Light Moisturizer with TriHex Technology®
 - Apply SilkSHIELD All-Mineral SPF 30 with TriHex Technology®
- *PM*
 - Cleanse with Ultra Calm Cleansing Cream
 - Apply Regenerating Skin Nectar with TriHex Technology®
 - Apply Ultra Light Moisturizer with TriHex Technology®
 - ■ Stop use of any retinol and skincare products with active chemical exfoliants (BHAs/AHAs) such as salicylic acid, glycolic acid, and lactic acid at least 10 days prior to treatment.