



CO2 RESURFACING LASER PRE & POST TREATMENT

PRE-TREATMENT

It's important to follow all instructions.

For 4-6 weeks prior to treatment, avoid sun exposure, as well as tanning beds and self-tanners. If you are tanned, you may not be treated. Use a sunscreen with 15+ SPF at all times and reapply as directed by manufacturer. Sun exposure is defined as direct sun exposure without protection for ten or more minutes.

No aspirin or alcohol 7-10 days prior to treatment.

Start our skin care regimen.

Pick up pre-treatment prescriptions:

For patients that get cold sores, an antiviral medication such as Valtrex 1 g may be prescribed once daily for 7 days. Start 1 day prior to procedure.

Valium may also be prescribed if not having procedure with anesthesia. This requires a safe ride, which means, someone to drive you to and from procedure.

Make sure you do not have anywhere you need to be the next day or two. Swelling is worse the first day after treatment; most people will not want to go in public for 4-5 days!

If you are a man and your face and neck are being treated, you should be clean-shaven before procedure.

DAY OF TREATMENT

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 hat or scarf that provides protection post-treatment.

Do not wear make-up.

You should not wear a watch, jewelry on treatment day. If you wear contacts, do not wear them on treatment day; bring your eyeglasses instead.

Take Tylenol 500-650 mg if your medical history allows 1 hour before treatment.

POST-TREATMENT

FIRST 24 HOURS:

DO NOT WASH SKIN! Apply healing Ointment (which is given to you the day of treatment) over the areas as need for moisture.



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PM

Elevate head of bed with 2-3 pillows, use old pillowcase and apply thick layer of healing ointment over skin before bed. If your skin dries out during the night, reapply as needed.

If you have problems with itching, it's okay to use over the counter Benadryl at night to sleep. If you take Benadryl, avoid driving or operating machinery.

DAY 1-3

You may apply ice compresses (use 4 x 4 gauze pads dipped in ice water and wrung out) to the laser area as often as desired for the FIRST 24 hours.

Wash 2-3 times a day with gentle cleanser. DO NOT SCRUB. Splashing lukewarm water to rinse. It is important to keep clean to avoid infection. Re-apply healing ointment.

Drink plenty of fluids. At least six glasses of water a day. The treated area will feel similar to sunburn. It may tingle or sting. It is okay to use mineral or spring water for comfort. Following treatment, normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present. Usually 24-48 hours.

DAY 4-7

Skin will have a red/brown appearance until peeling starts. Continue keeping skin moisturized.

WEEKS 2-12

You may resume regular skin care, EXCEPT Retin-A or Retinol products. Retin-A or Retinols may resume when skin is no longer pink and inflamed.

Shaving (if applicable) can be resumed once you feel comfortable.

No direct sunlight should touch your face for six weeks post-laser treatment. Sunbathing is NOT recommended. Use sunscreen to protect your face even if not directly in sunlight.

If there is any increase in pain or increase in redness or excessive swelling, call Renaissance Plastic Surgery promptly. Please keep all follow-up appointments with your doctor to assess progress. If you have any questions about these instructions or the procedure, please contact us at (586) 779-3030.

PATIENT NAME (PRINT)

PATIENT SIGNATURE

DATE