



Resurfacing Laser Pre-Treatment Instructions & Discussion Guide

Treatment(s) Discussed: ☐ Halo ☐ Fraxel ☐ UltraClear ☐ ProFractional ☐ TotalFx/CO2 ☐ Nano LaserPeel ☐ Micro LaserPeel	Topics to Review: ☐ Pre-Care Instructions ☐ Post-Care Instructions ☐ What the healing process will look like for your treatment(s) ☐ ProNox (<i>Optional, Used At Time of Procedure</i>)	Medications: ☐ Valtrex ☐ Antibiotic (<i>Recommended</i>): Azithromycin Doxycycline ☐ Prednisone (<i>After Treatment, As Directed by Provider</i>) At Today's Appointment: ☐ Treatment was scheduled & meds were sent ☐ Treatment was not scheduled; meds are typically sent 7 days prior to appointment (<i>please call the office if you have not received your meds by 5 days prior</i>)
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Important: After reviewing this with your provider, you are able to schedule for the treatment discussed. If you wait more than 6 months to schedule, or choose to do a treatment that was not discussed, we may ask you to come back for a pre-treatment appointment. This is to ensure you are well prepared in advance.

General Expectations:

- Valtrex is required for all resurfacing lasers. Antibiotics are optional but recommended. For swelling, you may also need prednisone and/or antihistamines.
- The areas we treat will feel hot like a sunburn and can last for the first 2-6 hours.
- **Sun Exposure: In total, about 4 weeks away from sun exposure is necessary.**
 - Before: You will need to stay out of the sun for a minimum of 2 weeks prior to your procedure.
 - After: To prevent hyperpigmentation of treated skin, you will need to stay out of the sun for a minimum of 2 weeks after your procedure. Avoid direct sunlight, and wear a hat and sunscreen when outdoors. You should avoid excess sun exposure for at least 4 weeks.
- During the procedure, topical numbing will be applied. Nitrous oxide (ProNox) can be added on for a fee. Most people will feel some heat-related discomfort (pain) associated with the treatment. This is usually temporary during the procedure and localized within the treatment area.
- Your eyes may be covered with protective shields or goggles during the treatment.

Downtime & Healing: Depending on your treatment, you will have between 4-10 days of downtime.

- The day of your procedure, you should plan to go home and rest.
- You will have to avoid physical activities or exercise that will make you sweat for 2-3 days post-treatment.
- Smoking should also be avoided, as it will prolong your healing time.
- During the healing period, expect skin to feel like sandpaper, and be flaky. You may also start to get swollen and a bit red like a wind burn, or experience mild itching.
- You will not be able to wear makeup after your treatment. Depending on your healing, you may be able to wear mineral makeup starting on day 4. Traditional makeup should not be worn until the treatment area is fully healed.



Scan here to preview or download the post-care instructions. You will also be given a printed copy at the time of your treatment.



How to Prep For Your Treatment:

Sun Exposure: Do not overexpose your skin to the sun (including tanning) at least 2 weeks prior to the treatment. We reserve the right to cancel treatment if you are too tan.

Things You May Need to Purchase:

- Hat: To protect treated areas from sun exposure
- Fragrance-free detergents: Do not use fabric softener
- Prescriptions: Refer to checklist on page 1
- *Optional* - Fan: To help with heat after treatment
- *Optional* - Fresh pineapple and/or Arnica Montana tablets: Both can help with healing & inflammation
- *Optional* - Mineral makeup: Mineral makeup is not active and has less risk of causing an allergic reaction. Common brands include ColoreScience, Jane Iredale, Bare Minerals, etc.
- **Post-care products will be given to you at your treatment: you do not need to purchase post-care.**

If you take Valium or pain medicine, you must have a driver for pick-up. They are welcome to come and watch the procedure. (Please provide us with a contact number for your driver).

1 Week Prior:

- ☐ Stop taking any Aspirin, Motrin, Ibuprofen, or Advil.
- ☐ *This can cause more bleeding and bruising. Tylenol is okay to use.*
- ☐ Fill your prescriptions

2 Days Prior:

- ☐ Begin taking Valtrex 500 mg twice daily with food: *You will continue taking for 4 days post-treatment for a total of 6 days. This prevents cold sores (even if you don't have a history of cold sores).*
- ☐ *Optional* - Start taking Arnica Montana tablets
- ☐ **Do not start taking prednisone prior to your appointment.**

1 Day Prior:

- ☐ Prepare a clean pillow case: you must sleep on a clean pillow the first day after your procedure
- ☐ *Optional* - Eat some fresh pineapple

Day of Procedure:

- ☐ Eat a meal!
- ☐ Start your antibiotic: Azithromycin or Doxycycline
- ☐ Shower, wash your hair, and wash your face with antibacterial soap
- ☐ Wear an old button-down shirt or something you can remove without pulling over your head
- ☐ For Men: You MUST shave areas to be treated the morning of procedure
- ☐ Do not consume alcohol the day of your procedure: this will increase inflammation and discomfort.
- ☐ *If Applicable* - Bring your Valium/Percocet with you. You will take it when you arrive at the office. **Reminder that you will need a driver if you are taking Valium/Percocet.**
- ☐ *(If Applicable)* Bring your Prednisone with you to the office - we will instruct you how to take it.