



FRACTIONAL CO2 LASER PRE-TREATMENT INSTRUCTIONS

Thank you for choosing About Face & Body Medical Spa. In our efforts to provide you with the best possible service, we ask that you carefully review these Skin Rejuvenation Pre-Treatment instructions. To obtain the maximum benefit from your skin rejuvenation treatment, it is crucial that you understand and adhere to these instructions.

1. Please follow all guidelines set forth in the treatment consent form. Discuss your medical history, medications, allergies, skin typing and any tendency for scarring or poor healing with your consultant.
2. Please be sure that you arrange for a driver the day of your treatment so that comfort medications may be given prior to your treatment.
3. For moderate to aggressive full-face treatments, we prescribe anti-infection medications. If you were prescribed these medications, we advise you to have them filled before treatment. If you are unsure, please contact the office prior to your treatment.
4. Avoid sun tanning or tanning creams for at least 4 weeks prior to treatments. This will also be required for at least 4 weeks after treatment.
5. Avoid products containing tretinoin/Retin-A for 1 week prior to treatment. Do not use glycolic acid or other alpha hydroxyl acid products for 1 week prior to treatment. These medications and products increase your skin's sensitivity, which can significantly increase the likelihood of complications.
6. Avoid the use of aspirin, ibuprofen, omega-3 fish oil and other anti-inflammatory or blood thinning medications for 7 days prior to treatment, as these will increase the likelihood of pin point bleeding after treatment.
7. Do not have any open sores or skin infections in the treatment area.
8. No waxing, sugaring, threading or other epilation (hair removal treatments) the week before treatments. Shaving is permitted.
9. Prior to your appointment, please have the following items on hand at home:
 - Benadryl 25mg
 - 4x4 gauze pads
 - Distilled water – 1 gallon
 - Distilled white vinegar
 - Aquaphor ointment
10. Take $\frac{3}{4}$ cup out of distilled water and replace with $\frac{3}{4}$ cup white vinegar and place in refrigerator.