

Real

Health & Aesthetics

PRE-CARE ADVICE FOR CO2 LASER TREATMENT

Following these instructions carefully will help minimise risks, promote optimal healing, and maximise your results.

4 WEEKS BEFORE TREATMENT

- Sun protection is essential. Avoid deliberate sun exposure, sunbeds, and tanning products. Use a broad-spectrum sunscreen (SPF 30 or higher) on the treatment area every day.
- No chemical peels, strong microdermabrasion, or ablative laser on the area during this period.

2 WEEKS BEFORE TREATMENT

- Stop all forms of hair removal on the treatment area: waxing, threading, depilatory creams.
- Avoid injectable treatments (such as Botox or dermal fillers) in the area to be treated.
- Do not use tanning beds or self-tanning lotions.
- Discontinue supplements that may increase bleeding or bruising, such as:
 - Vitamin E, Fish oil, Krill oil, Flaxseed oil
 - Ginkgo biloba, Garlic pills, St. John's Wort, Ginseng, Turmeric (curcumin)
 - High-dose multivitamins (the amounts in a regular daily multivitamin are fine-check with us)

1 WEEK BEFORE TREATMENT

- Stop active skincare ingredients that can increase skin sensitivity and risk of pigmentation issues:
 - Retinoids (tretinoin, retinol, retinaldehyde, adapalene, tazarotene)
 - Alpha hydroxy acids (glycolic, lactic, mandelic)
 - Beta hydroxy acid (salicylic acid)
 - Benzoyl peroxide
 - Vitamin C serums (high strength), exfoliating scrubs, and products that cause peeling or irritation
- Medications:
 - Over-the-counter blood thinners like **aspirin, ibuprofen (Advil, Motrin, Nurofen), naproxen, and diclofenac** should be stopped (you may take paracetamol/acetaminophen if needed for pain). If you take prescription blood thinners (e.g., warfarin, clopidogrel), **DO NOT STOP** them without explicit permission from the prescribing doctor.

48 HOURS BEFORE TREATMENT

- Begin antiviral medication if prescribed. If you have a history of cold sores or facial herpes, your practitioner will likely prescribe an antiviral tablet (e.g., acyclovir, valaciclovir).
- Hydration: Drink plenty of water.

DAY OF TREATMENT

- Arrive with perfectly clean skin.
- Clothing: Wear comfortable, loose-fitting clothing. If your face is being treated, a button-down or zip-up top is easier to remove later without pulling over tender skin.
- If you feel unwell treatment may need to be postponed for safety.

If you have any doubts or questions at any point, please contact the clinic directly.