

## Pre-Treatment Instructions 1540 non-ablative resurfacing

Discontinue the use of exfoliating creams and other exfoliating products such as, Tretinoin, Retin A, Renova, Differin, Tazarac, Retinol, Epiduo and other topical retinoid 2 weeks prior and during the entire treatment course.

Use a daily 50 SPF or higher sunscreen and avoid indoor/outdoor tanning or any activities of prolonged direct sun exposure 4 weeks prior to treatment. No self-tanners (creams or lotions) in the treatment area 4 weeks prior to treatment. Be prepared to protect area to be treated with clothing, wide brim hats and completely avoid any passive sun exposure 2 weeks prior to your treatment

When going through a series of treatments it is advised to continue sun avoidance practices throughout the treatments and 4-6 months post your last treatment. Direct sun exposure on freshly healed skin poses the risk of hyperpigmentation, redness and counter productive to the formation of new collagen.

If currently taking anti-coagulant medications, blood-thinning medications, systemic steroids and/or photosensitizing medications and supplements, candidates should discontinue use 2 weeks prior to and throughout treatment course or as determined by prescribing physician. **Discontinuing use of prescribed anti-coagulants and photosensitizing and systemic steroid medications should only be done with the approval of the prescribing physician.**

Botox must be administered at least 2 weeks prior to treatment and Dermal Fillers 4 weeks.

Diabetics must have clearance for this treatment from their primary care physician and be advised the healing process may be prolonged. Autoimmune disorders may also prolong healing response and inhibit certain outcomes.

If prone to Herpetic breakouts in treatment area there is a high risk this treatment may stimulate a breakout. Consult your physician about preventative medications prior to treatment.

**Prior to Procedure:** Items to pick up and have available:

- 1% OTC Hydrocortisone Cream or oral antihistamines such as Benadryl, Allegra for Itching and inflammation.
- Any Antiviral medication prescribed (usually taken 2 days prior to procedure and 3 days post)
- Prior to treatment you may want to have flexible Ice packs available to control swelling .