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AESTHETICS & WELLNESS

CO2 Fractional Laser Resurfacing Pre Treatment Instructions

- **Discontinue use of Accutane** (*Isotretinoin*) 6 months prior to treatment.
- Please arrive to treatment with a **clean face, free of makeup and products**. Also, have your hair tied back if possible and **remove all jewelry or piercings**.
- Injectable and topical anesthetics such as lidocaine are administered by your professional on the day of treatment. Please alert your provider before your treatment if you have any allergy to lidocaine.
- Please **avoid any sun exposure for at least 4 weeks prior** to your treatment. **Do not use self-tanners** during this time, **including spray tans, tanning lotions, tanning beds**, or other artificial tanning methods. Natural or artificial tans can affect your results and cause burns and/or scarring. Use an SPF of 30+ daily **for at least 1 month prior** to your treatment.
- **If you have melasma, a darker skin type**, or are simply looking to enhance and maintain pigment reduction, we recommend applying our prescriptive **La Chelè Melasma Emulsion** (*hydroquinone*) cream daily, morning and evening, for 2 weeks prior to treatment, and **no longer than 3–6 months post** treatment. After this period, discontinue use for an additional 3–6 months before resuming treatment. During your off months, substitute with **Skin Medica's Even and Correct** line.
- **Hydrate**. Drink at *least* 8 glasses of water per day for the 2 weeks leading up to your treatment, and continue for the 2 weeks following. **Do NOT drink any alcoholic beverages during this pre and post treatment time frame**.
- **Do not use any alcohol-based products** or toners on the skin for at least 1 week prior to treatment. **Avoid** the following cosmetic products for at least 4 days prior to your treatment: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, and Ascorbic Acid (Vitamin C)**. Use hydrating moisturizers and our recommended **Alastin Skin Nectar** or **Plated** to prep the skin.
- **Avoid taking anticoagulants** (*blood thinners*) for 10 days prior to treatment, if medical condition allows. Avoid herbal teas and supplements such as **fish oil, vitamin E, and multivitamins**. Also **avoid the use of NSAIDs such as Motrin, Advil, Aleve and Ibuprofen**.
- **Alert your provider if you have a history of cold sores**, so that we may prescribe Valtrex for you to begin taking 1 day prior to service to avoid outbreak. If you are prone to cold sores (*Herpes Simplex A*), please notify one of our providers, as heat can act as a trigger and cause a flare up. Prophylactic antiviral medications can be prescribed for you.
- Intra-ocular protective shields may be inserted for treatment around the eye area. **Please remove contact lenses prior to your arrival**. Bring glasses if needed.
- On the day of treatment, **do not apply any substances to the intended treatment area**, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning products or ointments.
- Medication such as Xanax may be offered to you in office for your comfort during the treatment. If so, you *must* have a driver to sign off on our Driver Release Form upon departure.
- Bring a wide brim hat or cap to wear when leaving to protect the skin from the sun.
- Wear **loose fitting, comfortable clothing** to your appointment.
- It is **highly recommended** to get errands done before the day of treatment. It is also recommended to **pre pay for your treatment** at our front desk before you are taken to your treatment room. This way, you may leave without worrying about payment.

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Items To Purchase *Prior To Treatment*

- Be sure to **pick up your prescriptions prior to your CO2 Laser treatment. You will need to begin taking medications prior to the procedure.** You will receive an anti-viral (*Valtrex*) to prevent cold sores, antibiotic (*Keflex or Doxycycline*), and one dose antifungal medication (*Diflucan*).
- After care product recommendations: Alastin Skin Nectar, Plated, SkinMedica TNS Recovery Complex, or La Chelè Line Free Serum
 - Aquaphor or Vaseline
 - Distilled water
 - Distilled white vinegar
 - Gauze pads 4x4 or soft microfiber wash cloths
 - Soft wash cloths (*infant or microfiber*)
 - Tylenol
 - Cetaphil or Vanicream gentle face wash
 - La Chelè Melasma Emulsion to use *pre and post* treatment

What To Expect During Your Treatment

- You will experience mild pain and heat from the laser with this procedure. A topical numbing cream will be applied beforehand and we will also provide the option to take pain or anxiety medication as well. Your provider will inject a local numbing agent (*lidocaine*) to the treatment area immediately before the laser begins.
- If necessary, you will have intra ocular shields placed over your eyes for protection from the laser. These are inserted similar to contact lenses.
- Immediately after the treatment, we will apply a sterile dressing and cool off the skin with a cool air device. You will leave with Aquaphor on your skin, and you will continue to apply this at home for several days.
- You should plan to avoid social events for at least 5-7 days after the procedure.
- Recovery time varies based on your skin type and adherence to the pre and post treatment guidelines.
- Please note that a light pink appearance to the skin, or post-inflammatory erythema, can persist for 2-3 months after your treatment, especially in fairer skin tones. This can generally be covered with makeup.
- We will schedule 3 in-office follow up appointments for you: **3 days, 1 week, and 3 months** after your laser treatment.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com