



SmartSkin™ CO2 Laser Micro Ablative Pre-treatment Instructions

Prior to your treatment, please follow all the instructions below:

- Depending on your skin type, you may be asked to use special medications to prepare your skin for treatment.
- The following prescriptions will possibly be sent to your pharmacy:
 - Antiviral - such as Acyclovir to prevent a viral oral cold sore outbreak.
 - Antifungal - Diflucan to prevent fungal infection. **LET OUR OFFICE KNOW IF YOU ARE TAKING MEDICATION FOR CHOLESTEROL AS THIS CAN INTERACT WITH CERTAIN CHOLESTEROL MEDICATIONS.**
 - Steroid (Methylprednisilone) - Medrol Dose Pack to help prevent swelling and inflammation.
 - Antibiotics – this may be prescribed post laser treatment if Dr. Burgess thinks it's necessary.
- **If you are prescribed an antiviral, antifungal, and/or steroid, please begin these medications the day before your treatment.**
- Please get the following supplies for your post-treatment care at home:
 - Gentle, hypoallergenic skin cleanser, such as Cetaphil or Cerave
 - Ice/cold packs
 - Gauze for vinegar soaks
 - Prescription medications as prescribed by Dr. Burgess, including antiviral, oral steroid, antifungal, and possibly antibiotics.
- Prepare vinegar soaks: Add 1 teaspoon of white vinegar per pint of tap water and place in the refrigerator. Pour the solution into a clean bowl and soak clean gauze/towels in it to apply to the treatment areas. More information will be on your post treatment sheet.
- On the day of your treatment, we will recommend skincare from our office for you to purchase and take home. We will also review and provide detailed instructions regarding your skin care regimen following your treatment.
- For one month prior to treatment, avoid sun exposure, as well as tanning beds and tanning creams. If you are tan, you may not be treated. Always use sunscreen with a SPF of 50+ and reapply as directed by the manufacturer. Using sunscreen **DOES NOT** prevent a tan, only direct physical protection such as staying in the shade, wearing clothing that covers the exposed areas, and wearing a hat.
- On the day of treatment, it is important that you clean the area to be treated.
- Male patients should be clean-shaven before the procedure.
- On the day of your treatment plan on wearing comfortable clothing and shoes.
- Do not wear any jewelry/watches or contacts on the treatment day. Bring your glasses.
- Please avoid any Retinol/Retin-A products, essential oils, blood thinners, (for example, Aspirin, Ibuprofen, Aleve, or Excedrin) or supplements, such as Vitamin E or fish oil for 1-2 weeks prior to your treatment.

Please call our office with any questions regarding your treatment at (503) 699-6464.