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FRACTIONAL CO₂ LASER PROCEDURE PRE-OPERATIVE INSTRUCTIONS/CHECKLIST

This information will help you care for your skin before and after your treatment.

- All patients should have a facial skin cancer screen assessment prior to treatment. A focused examination may be scheduled with a dermatology provider prior to treatment.
- If you have a history of herpes (cold sores) in the treatment area, please let us know. Most patients will be given antiviral medication in preparation for their treatment, which should be taken starting 1 day prior to treatment and continued for 6 days after treatment. Patients receiving laser solely for surgical scars may not need antiviral medication.
- Avoid tanning, tanning creams, or heavy sun exposure prior to your treatment. Use a broad-spectrum sunscreen every day for 4 weeks before your treatment.
- You may eat or drink prior to your treatment.
- Arrive with clean skin with no lotions or makeup.

Contraindications to Treatment:

- History of Accutane/isotretinoin use within the last 3-6 months
- A cold sore within the last 7 days
- Pregnancy or breast feeding
- Tendency to form keloid or thickened scars
- History of radiation or burns in the treated areas
- Open wounds, tattoos or active skin tumors in the treated areas

Things to purchase prior to your treatment:

- Aquaphor Healing Ointment or Vaseline
- Gentle face Wash
- Cold compresses
- White Vinegar, Milk
- Optional: Tylenol, Benadryl