

PRE-OPERATIVE INSTRUCTIONS – CO2 ABLATIVE LASER RESURFACING

FAILURE TO READ AND FOLLOW ALL INSTRUCTIONS CAN RESULT IN YOUR PROCEDURE BEING CANCELED.

- Read the [consent form for laser resurfacing](#), information sheet and [post-op care sheet](#).
- Use sunscreen and other forms of sun protection. Avoid extended sun exposure at least 10 days prior to treatment.
- We will provide you with one [Alastin Procedure Enhancement System](#) and one [Alastin Soothe and Protect Recovery Balm](#) for post procedure use.
- **Obtain supplies for pre and post op care:**
 - Ice packs
 - Dark pillowcase
 - Acetaminophen OTC
 - Benadryl OTC
 - Aquaphor squeezable tube - [example](#)
 - White distilled vinegar
 - Distilled water
 - Hair bands to keep hair up
 - Large brim hat - [example](#)
 - 3 packs 4x4 gauze - [example](#)
 - Water misting bottle (optional) - [example](#)
- Avoid tanning lotions, self-bronzers, and tanning beds at least 10 days prior to treatment.
- Stop use of any retinol and skincare products with active chemical exfoliants (BHAs/AHAs) such as salicylic or glycolic acid, etc at least 10 days prior to treatment.
- Over the counter supplements such as vitamins may also have products that make your blood thinner. These medications increase the likelihood of bruising and bleeding and should be discontinued at least 10 days prior to treatment.
- You should have a driver or a ride such as Uber or Lyft.
- Do not wear any makeup or skin care products to the procedure. Come to the appointment with a clean face. If you normally shave any facial hair, please do so the evening before.
- Dress in layers with short sleeves underneath - you may feel warm during the treatment. If receiving neck treatment, please wear shirts that allow access to the neck such as v-neck or square necklines.
- Bring a sun hat and sunglasses with you to the appointment for immediate use post procedure.

Pre Procedure (Start 5-7 Days Before Procedure) Daily Product Usage

- *AM*
 - Cleanse with Ultra Calm Cleansing Cream
 - Apply Regenerating Skin Nectar with TriHex Technology®
 - Apply Ultra Light Moisturizer with TriHex Technology®
 - Apply SilkSHIELD All-Mineral SPF 30 with TriHex Technology®
- *PM*
 - Cleanse with Ultra Calm Cleansing Cream
 - Apply Regenerating Skin Nectar with TriHex Technology®
 - Apply Ultra Light Moisturizer with TriHex Technology®
 - **■ Stop use of any retinol and skincare products with active chemical exfoliants (BHAs/AHAs) such as salicylic acid, glycolic acid, and lactic acid at least 10 days prior to treatment.**