

# lachele

MEDICAL AESTHETICS | LLC

## *CO2 Fractional Laser Resurfacing Pre-Treatment Instructions*

1. Discontinue use of Accutane **6 months** prior to treatment.
2. Avoid sun exposure and self-tanners for **4 weeks** prior to treatment and 4 weeks post-treatment.
3. **Two weeks prior** to your treatment, please begin a **bi-daily application** of our La Chele private label Hydroquinone (RX Lightener). It is recommended to prevent excess pigmentary side effects, more specifically if you have a warmer skin tone.
4. 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.
5. Do not use any alcohol-based products or toners on the skin for at least **1 week** prior to treatment. Use hydrating moisturizers.
6. Avoid taking anticoagulants for **10 days** prior to treatment, if medical condition allows. Also avoid herbal teas and supplements.
7. Discontinue use of any Retin-A, retinol, or retinoid at least 4 days prior to treatment.
8. 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.
9. 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.
10. On the day of treatment, **do not apply** any substances to the intended treatment area, including topical anesthetics, hairspray, gel, makeup, lotions, and deodorants, self-tanning products or ointments.
11. Bring a wide brim hat or cap to wear when leaving.

### Items to purchase prior to treatment for post-care:

- Aquaphor
- White vinegar
- Gauze pads 4X4
- Dry shampoo
- Loose fitting clothing
- Get errands done ahead of time
- Soft wash cloths (infant or microfiber)
- Tylenol
- La Chele Private Label Hydroquinone (RX Lightener)

*If you have any questions or concerns during office hours, please don't hesitate to call 215-862-6100.*