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**Before CO2 Laser Skin Treatment Instructions**

A crucial factor in the outcome of your CO2 laser is the condition of your skin before treatment. Start this skin preparation protocol at least 4 weeks before your CO2 laser treatment. In addition, we recommend purchasing the following supplies before your procedure:

**Supply List:**

- Soft gauze or several soft towels
- Umbrella or large brimmed hat and a sunscreen with SPF 30 or more (to be used when walking outdoors)
- White vinegar
- Ibuprofen or Tylenol (can be generic form)
- Benadryl (can be generic form)
- Products (one from each category):
  - **Cleanser:** Gentle Cleanser, Cetaphil Daily Cleanser, or Cerave Cleanser
  - **Ointment:** Recovery Balm, Aquaphor or Vaseline
  - **Skin prep:** Tretinoin and Hydroquinone (these are required prescription products)
  - **Enhanced prep and recovery:** Regenerating Skin Nectar and PLUMP (optional)
  - **Moisturizer:** RECOVER, Cetaphil Moisturizer or Cerave Moisturizer
  - **Sunscreen:** At least SPF 30 is recommended, brands recommended include Elta, Epionce and Neutrogena facial sunscreen.
  - **Prescription antiviral medications:** Valtrex, Zovirax or Famvir\*. Please have this filled prior to the procedure. Your physician will write you a prescription.  
\*This antiviral medication is taken by mouth to prevent a herpes infection. Even if you never had a cold sore, this is preventative step.

**Skin Preparation Instructions:**

- Start Tretinoin 0.1% at least 4 weeks before your planned CO2 laser treatment. **Stop 5 days before treatment. Date to be stopped:** \_\_\_\_\_
- Start Hydroquinone 5% at least 4 weeks before your planned CO2 laser treatment. **Stop 5 days before treatment. Date to be stopped:** \_\_\_\_\_
- Optional: Start Regenerating Skin Nectar 2 weeks before your planned CO2 laser treatment and use for 2 weeks after the procedure. Apply 2 full pumps to the treatment area twice daily. Do not stop this until the day before your CO2 laser procedure.
- Antiviral medication (Valtrex, Zovirax or Famvir). Begin the day before your CO2 laser treatment and continue for 5 days or as prescribed.

**The day of the CO2 laser treatment:**

- The morning of your CO2 laser treatment, you should wash your face with an antibacterial soap. Do NOT apply anything to face (no facial products, no moisturizers, no makeup, etc).
- Take your antiviral medication in the morning prior to arriving for your procedure.