



CO2 Laser Pre-Treatment Guidelines

A crucial factor in the outcome of your CO2 laser treatment is the condition of your skin prior to the treatment. Follow the **skin preparation protocol** below at least 4 weeks prior to your CO2 laser treatment. As a reminder, it is important to avoid sun exposure both 6 weeks prior to and 6 weeks after procedure.

- Start Tretinoin at least 4 weeks before your planned CO2 laser treatment. Stop Tretinoin 5 days before treatment.
 - **Start** Date: _____
 - **Stop** Date: _____
- Start Hydroquinone at least 4 weeks before your planned CO2 laser treatment. Stop Hydroquinone 5 days before treatment.
 - **Start** Date: _____
 - **Stop** Date: _____

Optional: Alastin Regenerating Skin Nectar is used to support and strengthen the skin and enhance treatment outcomes. The Alastin Nectar uses Trihex technology to clear out damaged elastin and collagen and supports the production of new, healthy elastin and collagen in conjunction with the CO2 laser treatment. This can be purchased in office and should be used two weeks prior and two weeks post treatment. Apply 2 full pumps to the treatment area twice daily.

- **Start** Date: _____
- An antiviral medication (Valtrex, Zovirax or Famvir) will be prescribed to you. This is to be filled prior to your procedure. Your first dose is typically the day before your CO2 laser treatment and continue as prescribed.
 - **Start** Date: _____
 - **Stop** Date: _____

In addition, we recommend **purchasing the following supplies** before your procedure:

- Soft gauze or several soft towels
- Umbrella or large brimmed hat and a sunscreen with SPF 30 or more
- White vinegar
- Ibuprofen or Tylenol (can be generic form)
- Benadryl (can be generic form)
- Products (one from each category):
 - Cleanser: Cetaphil Daily Cleanse or Cerave Cleanser
 - Ointment: Alastin Recovery Balm, Aquaphor or Vaseline
 - Moisturizer: KG Medical Skin Care RECOVER, Cetaphil Moisturizer or Cerave Moisturizer
 - Sunscreen: SPF 30 is recommended (UVA/UVB) Brands recommended include Alastin, Elta MD, Epionce facial sunscreen.

DAY OF YOUR TREATMENT

- Please arrive without creams, oils, serums, makeup, or sunscreen on the treatment area.
- Take your antiviral medication as prescribed.