

MILL CREEK SKIN & LASER  
**SmartSkin™ CO2 Fractional Resurfacing Laser**  
**(Anti-Aging, Skin Rejuvenation, Scarring)**  
**Pre & Post Treatment Instructions - BODY**

**IMPORTANT:**

- Please alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- We CANNOT treat you if you have been tanning, including self-tanners and spray tanning, 4-6 weeks prior to your appointment.
- Results can vary from person to person.

**CONTRAINDICATIONS**

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Laser is contraindicated for those patients who:

- Are pregnant or breastfeeding
- Take anticoagulants (ex. blood thinners; Plavix; Coumadin; and the likes) or immunosuppressants.
- Take medications that alter wound healing response
- Are taking or have taken isotretinoin capsules (Accutane/Sotret, Claravis, Myorisan) within the last six months
- Have seizure disorders triggered by light
- Have Pace maker or defibrillator
- Have a history of skin cancer or exhibit suspicious lesions
- Have received gold therapy

**Pre-Treatment**

**It is important to follow all instructions.**

- For 6 to 8 weeks prior to treatment, avoid sun exposure, as well as tanning beds and self-tanners. If you are tanned, you may not be treated. Use a sunscreen with a 30+ SPF (recommended by Mill Creek Skin & Laser) at all times and reapply as directed by the manufacturer. Sun exposure is defined as direct sun exposure without protection for ten or more minutes.
- Stop using Tretinoin (Retin-A, Differin, Tazorac or any similar products) and RETINOL products 7 days before treatment. Okay to use other skin care products that do not irritate the skin.
- No aspirin or alcohol 7-10 days prior to treatment.
- Avoid non-steroid, anti-inflammatory medicines (ibuprofen, Motrin, or Aleve) 3 to 7 days prior to treatment.
- Start applying Hydroquinone, if instructed to, one month prior to treatment.

**Pick up supplies recommended for post treatment**

*From Mill Creek Skin & Laser*

- Elta MD Laser Balm
- Biafine
- TNS Ceramide Treatment Cream
- Sunblock

*From drug store*

- ✓ Hydrocortisone 1%

**Day of Treatment**

- Take Tylenol 500-650mg if your medical history allows **1 hour** before treatment.

**Post Treatment**

**Day 1-2**

- Apply Biafine and Elta MD Laser Balm over the treated areas as needed for moisture.
- **If you have problems with itching**, okay to use over the counter Hydrocortisone 1% or take Benadryl as needed. If you take Benadryl, avoid driving or operating machinery. **If you experience excessive discomfort please call us at 425-316-8200.**

***See you 6 weeks later for next treatment.***

**If there is any increase in pain or increase in skin redness or excessive swelling, call Mill Creek Skin & Laser promptly. Please keep all follow-up appointments with Dr. Lin to access treatment progress. If you have any questions about these instructions or the procedure, please contact us at 425-316-8200.**

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Patient Name (Print)

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Patient Signature

\_\_\_\_\_  
Date