

SmartSkin™ CO2 Fractional Skin Resurfacing Laser

(Anti-Aging, Skin Rejuvenation, Scarring)

Pre & Post Treatment Instructions - FACE

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.
- If you are non-Caucasian or Caucasian with melasma, you **MUST PRE-TREAT** with 4% hydroquinone or Lytera 2.0 2-4 weeks prior to each treatment you receive at Mill Creek Skin & Laser.
- Results can vary from person to person.

CONTRAINDICATIONS

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 Pacemaker 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.
- Make sure you do not have anywhere you need to be the next day or two after treatment. **Get supplies, movies and groceries before you get treatment.** Swelling is worse the first day after treatment; most people will not want to go in public for 5-7 days!
- If you are a man and your face and neck are being treated, you should be clean shaven before the procedure.
- On treatment day, you should wear comfortable clothes and shoes.
- Depending on the type of treatment you will be receiving, you may need to have someone drive you home.
- **Pick up pre-treatment prescriptions:**
 - **Start antibiotics** and antiviral medications **one day before the procedure.**
 - **Start Prednisone** on the **day of the procedure**

- **Pick up supplies recommended for post treatment**

From Mill Creek Skin & Laser

- Stratacel (Green)
- Biafine
- Elta MD Dermal Wound Cleanser
- TNS Recovery
- Total Defense & Repair Sunblock
- SkinMedica HA5

From drug store

- ✓ Hair band
- ✓ Hydrocortisone 1%

Day of Treatment

- If your face or neck is being treated, wear a button-down shirt and bring a hat that provides protection post treatment.
- Do not wear makeup.
- You should not wear a watch or any jewelry on treatment day. If you wear contacts, do not wear them on treatment day; bring your eyeglasses instead.
- **Take Tylenol 500-650mg if your medical history allows 1 hour before treatment.**

Post Treatment

Day 1-2

- DO NOT WASH SKIN! Apply Biafine and Stratacel over the treated areas as needed for moisture.

PM

- Elevate head of bed with 2-3 pillows; use old pillowcase and apply thick layer of Biafine or Stratacel over skin before bed. If your skin dries out during the night, reapply as needed.
- **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. After hours, press 5 to page the Dr. Please leave a detailed message with your full name and phone number.**

DAY 3-7

- Wash 2-3 times a day with Elta MD Wound Cleanser or any gentle cleanser. DO NOT SCRUB; lightly use fingers to reapply Biafine, Stratacel and/or TNS Ceramide Treatment Cream. It is important to keep it clean to avoid infection.
- Following treatment normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually 2 weeks.
- Skin will have a brown appearance until peeling starts. Okay to use high-grade mineral makeup after Day 3. We recommend Oxygenetix Foundation or Jane Iredale Mineral Makeup.

DAY 8 OR WHEN SKIN IS BACK TO NORMAL

- Okay to resume regular skin care, **EXCEPT** Retin-A or Retinol products. Can start using Retin-A and Retinol products when skin is no longer pink.
- Shaving (if applicable) can be resumed once you feel comfortable but be careful water is not too hot.

If there is any increase in pain or increase in skin redness or secretion, or excessive swelling, call Mill Creek Skin & Laser promptly. After hours, press 5 to page the Dr. Please leave a detailed message with your full name and phone number.

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.

Patient Name (Print)

Patient Signature

Date