

CO₂ Pre-Care Instructions

***Your compliance to your home care regimen will greatly affect the outcome of your J-Plasma treatment.**

6-8 WEEKS BEFORE TREATMENT:

Start your pre-treatment regimen as instructed by the physician/laser technician, which may include hydroquinone and Retin-A. Please follow these instructions for the best possible outcome. Remember the length of pre-treatment varies by the individual, and skin type.

2-4 WEEKS BEFORE TREATMENT:

- Avoid sun exposure 2-4 weeks prior to treatment. A tan or burn will slow our healing and increase your risks of hyperpigmentation
- Discontinue the following anti-inflammatories and other agents that can cause bruising
 - Vitamin E
 - Fish Oil
 - Ginkobiloba
 - Garlic supplements
 - Cholesterol medications (consult your doctor)
 - Pepto-Bismol
 - Alka-Seltzer
 - Products
 - Oil of evening primrose
 - Aspirin
 - Ibuprofen
 - Naproxen
 - Nabumetone
 - Indomethacin
 - Acetaminophen
- Your laser technician will call you 1-2 weeks for your procedure to pick up 3 prescriptions: Acyclovir, Vicodin. We can not send in the Vicodin; you must pick it up from our office and taken to the pharmacy.

2 DAYS BEFORE YOUR TREATMENT:

- Start taking your Acyclovir if instructed
- Stop using Hydroquinone, Retin-A and other topical agents with active ingredients

DAY OF TREATMENT:

- Come to your appointment with no makeup, lotions or creams on your face, and do not use hairspray
- Leave jewelry at home, you can not wear any for your treatment
- Take Acyclovir as instructed
- Following your procedure, the treated area may be hot (sunburn feeling) this usually lasts 24-72 hours

- Following the procedure is a cooling phase that will take place 30 minutes to an hour to complete
- Due to the sedation medications you must have a ride home. We can call your ride 30 minutes before you are ready to leave.

Pre-treatment skin care instructions. Minimum of _____ weeks

Cleanser _____ AM _____ PM

Topical Hydroquinone _____ AM _____ PM

Topical Retin-A _____ AM _____ PM

Gradually increase usage of Retin-A to avoid irritation. 1st week- 1 night, 2nd week- 2 nights. Build up as tolerated.

Moisturizer _____ AM _____ PM

Sunscreen _____ AM _____ PM

For questions or concerns, please call _____ at 970-242-1877