

J-Plasma

Pre-Care Instructions

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

- Avoid sun exposure 4-6 weeks prior to treatment. A tan or burn will slow our healing and increase your risks of hyperpigmentation
- The products listed below are included in your J-Plasma purchase. You will receive these products the day of your procedure.
- 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

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