
FRACTIONAL CO2 LASER PRE-TREATMENT INSTRUCTIONS

One month prior to laser treatment:

- One month prior to treatment increase hydration by moisturizing with a thick moisturizer twice daily, ensure that water intake is at least 8 glasses of water daily

One week prior to treatment:

- Stop using all topical retinoids 3-4 days prior to treatment
- Avoid significant sun exposure

Day before appointment:

- Take antiviral as directed, beginning the day before your appointment

Day of appointment:

- Take antiviral as directed, beginning the day before your appointment
- Wash face and remove all makeup and cosmetic products
- Arrive 1 hour prior to appointment for pretreatment photos and topical numbing cream to be applied
- If you plan to take Valium (Diazepam), please wait to take the medication until you have arrived at the office and arrange for someone else to drive you home as you will no longer be able to operate a vehicle

Supplies to obtain before the treatment:

- ☐ Petroleum based product such as Vaseline or Aquaphor
- ☐ Prescription for anti-viral prophylaxis if applicable
- ☐ Prescription for Valium (Diazepam) if applicable
- ☐ Gentle Cleanser
- ☐ Over the counter pain relievers such as Advil or Tylenol
- ☐ Gauze
- ☐ Distilled water- if on well water, otherwise tap water to wash face is acceptable
- ☐ Lubricating eye drops if prone to dry eyes
- ☐ High SPF sunscreen
- ☐ Ice packs

Please call our office 941-926-2300 with any questions or concerns!

