Lumenis TotalFX – CO2 Ablative Resurfacing

Pre-Treatment Instructions

1) Please discontinue taking any of the following medications one week prior to your scheduled CO2 laser treatment:
   a) Aspirin
   b) Ibuprofen
   c) Vitamin E
   d) Fish oil

2) It is important that you avoid sun exposure for 3-4 weeks before and after treatment.

3) Do not use self-tanning lotions on treatment area.

4) Please notify Dr. Pennoyer if you have taken Accutane within the last 12 months, have a history of keloid formation, have a history of poor wound healing, or hyper or hypo pigmentation.

5) Our goal is to make you as comfortable as possible during your treatment. Your prescriptions will be sent to your pharmacy and will include:
   a) An antibiotic (to prevent any bacterial infection): start the first dose on the day of treatment and continue to take as directed for 10 days.
   b) An antiviral medication (to prevent an outbreak of fever blisters or herpes): take the first dose the morning of your treatment and the second (final dose) 12 hours later.
   c) An analgesic (pain medication to increase your comfort during the procedure): take ½ hour before your appointment. **YOU MUST HAVE SOMEONE TO DRIVE YOU TO AND FROM YOUR APPOINTMENT.**
   d) An anti-anxiety medication (to relieve any anxiousness you may experience prior to and during the procedure): take ½ hour before your appointment with the pain medication.

**PLEASE NOTE:** If you wear contact lenses, please do not wear them to your appointment. You will not be able to wear them for 24 hours after your treatment.