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Laser & Cosmetic Skin Care

## **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.