



Pre Care Instructions for CO2 Laser Treatment

Please review all pre-care instructions prior to your upcoming appointment as they will ensure optimal results. If you have any questions before your upcoming treatment, please give our office a call at 317-855-9100 for Indianapolis or 317-530-2393 for Greenwood.

- Plan for 2-7 days of downtime if your treatment is on face/neck, 3-4 weeks if treatment is on body.
- Discontinue any Retinoid products (Retinol, Tretinoin, Retin-A) one week before treatment.
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin A, C, E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let us know, an antiviral medication prior to treatment can be prescribed.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- If you are prone to bruising or swelling, taking Arnica tablets 48 hours prior to injections helps the healing process.
- Arrive at your appointment with a clean face- no makeup please!

WHAT YOU WILL NEED

- Gentle face wash, such as Cetaphil or Skinceuticals Gentle Cleanser (available for purchase)
- Aquaphor or other occlusive ointment, such as Hydrablam or Soothing Balm (available for purchase)
- White vinegar (optional)
- Tylenol, Benadryl, ice packs (optional)