
CO2 Pre-Treatment Instructions

Prior to Treatment Day

- Pick up the following prescriptions from your pharmacy:
 - **Hydroxyzine (Prescription)**: Treats itching and swelling. Take 1-2 tablets by mouth every 4-6 hours as needed for itching. This medication may cause drowsiness. Do not take before driving.
 - **Valtrex (Prescription)**: Prevents cold sores. Take 2 tablets the morning of procedure and repeat in 12 hours.
- Purchase the following items: **Vanicream Moisturizing Cream, Vanicream Gentle Cleanser, and EltaMD UV Pure SPF 47.**
- Plan to have a driver. Although not required, a driver is highly recommended.

Day of Treatment

- Please arrive to the office **1 ½ hours** prior to the procedure.
- Come to the office with clean skin (clean shaven if male). The treatment area should be free of any makeup, including eyeliner and mascara.
- Do not wear contact lenses the day of your procedure.
- Comfortable clothes should be worn. If your face or neck is being treated, a button-down shirt is recommended.
- Aftercare products are pictured with detailed descriptions and instructions for use. The **Avène Cicalfate Restorative Skin Cream, Avène Thermal Spring Water** and **Arnica** will be provided following the procedure.
- A written prescription for pain medication will also be provided at the time of the procedure for you to fill at your pharmacy. This cannot be provided ahead of time. Take as directed.

What to Expect During the Treatment

- The laser itself will take about 30 minutes, longer depending on number of treatment sites.
- Numbing cream will be placed on the treatment sites and left in place for 40-60 minutes. However, you may still feel some sensation during the laser treatment and will be holding a cooling device to increase comfort.
- If the eyelids are being treated, metal eye shields will be placed on the eyeball for protection. The eyes will be treated with numbing drops before these are placed and the eye will be flushed when the shields are removed to remove this medication.

*Please call us if you have any concerns or questions regarding your procedure! We are here to help!
(205) 995-5575 or email us at Hoover.Nurse@forefrontderm.com*