



484 S Miller Road, Suite 201, Fairlawn, Ohio 44333 PH 330-801-9069 website: FairlawnAestheticMD.com

Pre Care Instructions

Contraindications:

No Accutane use in the past one year. Any history of vitiligo, scleroderma, collagen disorders, radiation treatment, skin cancer, psoriasis, scarring, keloiding, pregnancy, breastfeeding. Notify your Doctor if you have sleep apnea or other breathing problems.

Pre-Care Instructions:

- Notify us if you have a history of developing cold sores (herpes infections), facial sores, or any other type of infection. Also notify us if you have tattoos or permanent makeup.
- Minimize sun exposure and use daily sunblock containing zinc oxide. Discuss with your Doctor how long you must be completely out of the sun and off self-tanner before treatment.
- Fill your prescription and begin taking the antiviral (Valtrex or other) the day before the procedure. Bring one tablet of Benadryl (25 mg, over-the-counter) for the procedure. If you have a long ride home, bring a cooler of ice for afterwards.
- Purchase Aquaphor
- Maintain a healthy diet.
- Come in for procedure without makeup and in comfortable clothes.
- Stop Retin A two weeks before and bleaching creams 5 days before.
- Avoid waxing for 1 week before and 4-8 weeks after treatment.
- Begin taking arnica "4X4X4" four tablets under tongue four times per day for four days prior to procedure (and four days after).

Morning of the procedure:

Eat a solid meal. Cleanse face and do not wear makeup or perfume to treatment. Dress in comfortable clothes with a loose fitting, low cut shirt. If you have long hair, wear in back in a ponytail away from face and neck.

Medication Protocol:

Valtrex (valcyclovir) – if prescribed, 1 daily starting day before procedure. **Clindamycin** (if given) twice/day starting day before. **Diflucan** (fluconazole) (if given) take one the day before procedure.

Medrol Dose Pack (if given) – take when directed. **Valium (diazepam)/Demerol**

(meprogan)/Phenergan (promethazine) – 1 each on the way to procedure and bring rest (must have a driver if taking these).