

CO₂ Laser

PRE-TREATMENT INSTRUCTIONS

2 DAYS BEFORE

- ☐ Pick up prescriptions

DAY BEFORE

- ☐ Prepare pitcher or jug of vinegar water & clean cotton washcloths

DAY OF

- ☐ Take VALTREX (Rx)
- ☐ Wash off makeup, take out contacts
- ☐ Pull back hair, wear button down shirt
- ☐ Pack headphones, ipad, book, or other entertainment for numb time (1 hour)

WHEN YOU ARRIVE

- ☐ Bring entertainment supplies and Xanax (Rx, optional) into the room with you
- ☐ Pose for before photos
- ☐ Lay back and have numbing cream applied by a medical assistant
- ☐ Get comfy and review HomeCare Kit & Instructions
- ☐ Take Xanax (Rx optional)
- ☐ Enjoy your me-time with your chosen entertainment - you will numb until it is time for your treatment.