

Smartskin Laser Resurfacing Pre-Treatment Instructions

Please review these instructions in order to make sure your treatment day goes as smoothly as possible. If you have questions or concerns about any of this information, you can submit it online at <http://www.ocfacialplastics.com> or call the office at (949) 371-6963.

Precautions

- ❖ The Sepehr Firm and Fade Cream (10% hydroquinone, kojic acid, retin A, hydrocortisone) should be stopped at 2 days before your treatment and should not be restarted for 4 weeks.
- ❖ Patients taking Acutane, Soriatane and certain cancer medications are not eligible for the procedure until they have been off medication for at least 6 months.
- ❖ Patients prone to acne outbreaks may wish to start an oral antibiotic 2 days before the procedure. Be sure to advise Dr. Sepehr if this is the case.
- ❖ All patients are advised to take an anti-viral medication (acyclovir) to prevent outbreak of fever blisters (caused by a virus) starting 2 days before your procedure. Patients who have to combine their consultation and procedure will be given their first pill on the day of the procedure. You may choose not to take the medication, but you will have risk of triggering a severe outbreak, EVEN IF YOU HAVE NEVER HAD A FEVER BLISTER.
- ❖ If you take any immune-suppressing medications or have an immune system condition, you may not be a candidate for the procedure. Contact the office if you think this applies to you.
- ❖ If you have dark skin, you may wish to have a test spot treated and wait about 4 weeks to be certain you will not have an undesirable reaction to the procedure. Please let us know if you would like to have a test area treated.

Items you need to purchase:

- ❖ Skin Medica Post Procedure System (sold separately at our office for your convenience--at online cost)
- ❖ Sepehr Moisturizer
- ❖ Ibuprofen or naproxen to decrease inflammation (optional)
- ❖ Anti-histamine like Benadryl (optional)

On the day of your procedure

- ❖ You will need a driver on the day of your procedure.
- ❖ Eat regular meals, don't skip a meal (even if you normally do).
- ❖ Shower the morning of your procedure and wash your face and hair.
- ❖ Wear a button-down shirt and dress comfortably.
- ❖ Plan your day to avoid being in the sun for more than 5 minutes after your procedure.
- ❖ Wear glasses instead of contacts
- ❖ Do not wear any jewelry to your procedure
- ❖ Females: please do not wear any toner, lotion, or makeup (eg. powder or foundation) to your procedure
- ❖ Males: All areas to be treated must be clean-shaven