



CO2 Laser Resurfacing Pre-Procedure

WHAT TO DO BEFORE YOUR CO2 LASER TREATMENT

- **Buy:**
 - Valtrex prescription – mandatory!
 - Aquaphor or Vaseline – mandatory to have one or the other
 - Cetaphil (or equivalent mild cleanser) - mandatory
 - Triamcinolone 0.1 % cream (TAC) prescription - mandatory
 - Medrol Dose Pack prednisone prescription – highly recommended!
 - May skip if:
 - Diabetic (High blood sugar)
 - Hypertensive (High blood pressure)
 - Gastric ulcer (stomach ulcers)
 - Valium / Xanax (Anxiolytic medication) - recommended
 - Lortab (Analgesic medication) - recommended
 - Benadryl – recommended
 - TriLuma cream – may use nightly for two weeks pre-op
 - ** Stop Day of Treatment... Only use if prescribed at least 2 weeks after treatment

- **PRE-Treatment instructions to patients:**
 - Take Valtrex 1000 mg by mouth once daily starting 3 days before your treatment and continue for one week after your treatment.
 - You cannot have this treatment if you have used Accutane by mouth or other oral tretinoin within 12 months of the proposed treatment date.
 - NO exfoliants for at least 2 weeks prior to treatment!!
 - Avoid sun exposure for at least 1 week prior to treatment using a sunblock at least SPF 30 or higher that covers UVB and UVA rays over entire area to be treated... chest, hands, etc.
 - Notify our office immediately if you develop a cold, fever, rash, sunburn, or any other illness within two weeks of your scheduled treatment date.
 - Purchase the necessary supplies prior to the treatment date!
 - Do NOT wear make-up or other facial products including moisturizers on the day of your treatment!
 - If you wish to take any pain or sedative medications prior to your treatment, you will be required to bring a driver as it is illegal for you to drive while taking such medications.



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MILLS

EYE +
FACIAL SURGERY

David M. Mills MD, FACS
Ophthalmologist +
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- **Starting Today**
 - Avoid direct sun exposure on the areas you are having treated. If you need to be in the sun, wear a sun block with a high SPF (45 or higher) and a hat whenever possible.

- **2 Weeks before Your Procedure**
 - Call our office (850) 266-7500 to give us a pharmacy number so that we can call in your prescriptions. Some of the medications need to be started at this time. The pain and sedative medications can no longer be called in and require you pick up a written prescription.
 - Begin applying the TriLuma cream at night, 30 minutes before bed.
 - If you choose not to purchase the products we recommend from our office, please purchase Cetaphil gentle skin cleanser and Aquaphor. Both of these products are sold over-the-counter. Please bring all your medications and products with you the day of your procedure.

Patient Signature _____ Date _____

Witness Signature _____ Date _____

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