



# MEDICAL AESTHETICS

BY DONNA

## FACE AND BODY REJUVENATION

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### **Tetra Coolpeel CO2 laser Pre Procedure Instructions**

**7-28 days prior to treatment (to hydrate your skin and optimize treatment results):**

Hydrate and Protect:

- Moisturize skin at least 2x a day (AM/PM)
- Increase water intake to 8 glasses of water (8oz) or more per day.
- Avoid prolonged exposure to the sun
- If exposure is unavoidable, use a zinc oxide-based sunscreen of at least SPF 30+
- If prone to hyperpigmentation, prophylaxis ointment to be used for 2wks

**3-7 days before your treatment:**

Prepare your skin:

- Stop any topical retinoid therapy (3-4 days prior to treatment)
- If you have a history of fever blisters (cold sores), ask your provider about starting an antiviral prophylaxis 3-7 days before the treatment
- Call or text with any other questions prior to treatment
- Shave area to be treated, if indicated, 24 hours prior to treatment.

**Day of treatment:**

Prep for the treatment:

- You may be asked to thoroughly cleanse the skin in the area to be treated.
- Remove all hairspray, makeup, gels, ointments, lotions, self-tanning products, & perfumes
- Do not use an alcohol-based cleanser as it may remove moisture from the treatment area
- Once the skin is clean, pre-treatment photos will be taken
- Topical numbing will likely be applied and removed prior to the treatment

**During the treatment:**

- Protective eyewear will be used during the treatment
- A smoke evacuator (sounds like a vacuum) will likely be running to remove smoke/debris from the air