



DOT CO2 Laser Pre Instructions

Thank you for choosing Dr. Papanicolaou to perform your Laser Resurfacing Treatment. Please feel free to call us at any time if instructions are not clear or issues are not addressed by this instruction sheet. Office phone number is 407.478.2151 and the office email is somaplasticsurgery1@gmail.com.

Prior to Procedure

- Begin using ZO Hydrating Creme or Hyaluronic Acid Serum twice a day after cleansing, this promotes hydration of the skin making your laser treatment more effective and decreasing your recovery time.
- If recommended/Provided start using the ZO Pre/Post Care Kit. We will review the detailed instruction sheet that is provided with the ZO Kit.
- Begin using ZO Pigment Control 4% Hydroquinone at night, this will calm melanocytes found in your skin and help prevent post inflammatory hyper pigmentation.
- Use ZO Sunscreen or any SPF of at-least 30 everyday and avoid direct sun exposure to the skin of more then 15 minutes per day.
- Start Valtrex medication 2 days prior to procedure if prescribed.

Two Weeks Prior to Treatment

- Discontinue all retinol and retin-a products
- Avoid blood thinning over the counter medications or supplements which including aspirin, ibuprofen, naproxen, vitamin E and fish oil. **Do not discontinue prescribed blood thinner medications before speaking with the physician.**
- Be sure to drink at least 8 glasses of water daily to properly hydrate the skin.

Day of Procedure

- If prescribed an oral sedative or pain medication you must arrange for transportation to and from the office.
- Come to the office with a freshly cleaned face, please remove all make-up and skin care products prior to arriving.
- A numbing cream will be applied at least 15 minutes before your procedure.
- Wear comfortable clothing, preferably a button down shirt.

