

## **Pre-Treatment Instructions**

### **PROFRACTIONAL, MICROLASER PEEL, BBL BROADBAND LIGHT AND HALO PROCEDURES**

**IMPORTANT: You must have been off Accutane for one year prior to any laser procedures.**

#### **One week prior to procedure until one week following procedure:**

- Have **Ibuprofen** on hand to use for pain and fever
- Avoid exposure to sun or tanning beds 4 weeks before & after treatment.
- Absolutely **NO SELF TANNER** (spray tan, topical, lotions, etc.)

#### **Two days before procedure:**

- Begin taking anti-viral medication as prescribed (Valtrex or Zovirax).

#### **Day of procedure:**

- Wash face with a mild soap or cleanser. Do not apply anything to your face after washing. **DO NOT COME TO YOUR APPOINTMENT WITH MAKE-UP ON YOUR FACE.**
- Take pre-op medication (Valtrex or Zovirax)
- Wear loose, comfortable, **BUTTON-DOWN-THE-FRONT** clothing, warm up suit suggested. Bring scarf and sunglasses to wear when leaving the office, IF DESIRED.
- **Optional - Bring with you a headband, hair clip or something to hold your hair back off of your face. We will provide headband.**
- You will be sitting with numbing cream on for about one hour prior to your procedure. Bringing earbuds and/or reading material is encouraged.
- You will be required to read over and sign a Consent Form for Laser Procedures to the Skin. If you have any questions after reading over the consent, please ask.
- Post-operative instructions will be given to you the day of the procedure.
- ProNox – which is a patient controlled nitrous gas will be available at additional cost to help assist you feel more comfortable during your procedure.

**AVOID EXPOSURE TO DIRECT SUNLIGHT FOR AT LEAST 7 DAYS FOLLOWING YOUR PROCEDURE.**

The day of your procedure, you will be given a post procedure kit that includes a facial cleanser, and a post-operative ointment.