

SKIN RESURFACING PRE TREATMENT GUIDE

TREATMENT NAME: _____

PRE TREATMENT FOR ALL SKIN RESURFACING:

- Stop retinols or products that may dehydrate the skin (2-7 days prior to treatment)
- Discontinue use of all exfoliating products 1 week prior to treatment
- Avoid sun exposure (2+ weeks) and use a sunscreen that protects against UVA and UVB rays with a SPF of 30+
- Stop Accutane® (3+ months – or as directed by your provider)
- No aspirin or supplements that may thin the blood (7 days or as directed by your provider)
- Start antiviral prophylactic treatment for those with a history of viral infection / cold sores
- For patients that are prone to hyperpigmentation, consider pre-treating with a melanin suppressing agent 2x daily for 2 weeks (or an appropriate length of time) before the treatment

HELIX

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