

**Alan Gardner, M.D.**  
**Gardner Dermatology & Med Spa**  
**2550 Windy Hill Road, Suites 220 & 204**  
**Marietta, GA 30067**  
**Dermatology Medical Office**  
**(770) 952-2100**  
**Spa (770) 952-1977**  
**www.gardnerdermatology.com**

**Pre-Op Instructions and Guidelines:**

- No alcoholic beverages for a minimum of 3-5 days prior to procedure. Alcohol increases the risk of complications and slows the healing process. We also recommend avoiding all alcoholic beverages for at least 2 weeks after a mild procedure. (3-4 weeks for deeper laser treatments).
  - You must avoid sun exposure, (including artificial sun), for at least 2-3 weeks before your procedure. Tanned skin is injured skin and heals slower and increases risk of complications.
  - Stop use of self tanner 2 weeks before the procedure.
  - Use of the Obagi Nuderm System with Tretinoin is typically recommended for a minimum of 4-8 weeks before your procedure in most cases - it is okay to use longer than this if possible. If you have rosacea, or are unable to use tretinoin or hydroquinone, please let us know.
  - You must be able to avoid sun exposure for a minimum of 2-3 months after the procedure. You must avoid heavy sun exposure for at least 6 months. A high quality sunscreen that has very high UVA and UVB protection is needed. The SPF # does not measure protection against UVA, it only measures protection from UVB. Please use a sunscreen that is recommended with high protection of both. You should always apply 30 minutes before you are exposed and re-apply regularly. Protecting your skin properly and minimizing sun exposure ensures the best cosmetic results as well as decreases risk of complications.
  - You will most likely want to take off work for 5-7 days or more following the procedure, depending on depth of treatment. In some cases, for deeper treatments, you may want to take off work for 10-14 days or more.
  - Discontinue all vitamins, supplements, OTC medications and/or prescription medications that may increase risk of bruising or bleeding or may cause photosensitivity (if these are medically recommended by a physician, you need to consult with the prescribing physician before discontinuing). Please let us know if you have questions about any of these or need to take these on a regular basis. **These may include, but are not limited to:**
    - Vitamin E
    - Fish Oil
    - Gingko Biloba
    - Garlic supplements
    - Cholesterol medications
    - Pepto Bismol
    - Alka-Seltzer products
    - Oil of Evening Primrose
- AND any over the counter medications that contain non-steroidal inflammatory such as:**
- Aspirin (Bayer, St. Joseph, Bufferin)
  - Ibuprophen (Advil, Motrin, Nuprin)
  - Naproxen (Aleve)
  - Nabumetone (Relafen)
  - Indomethacin (Indocin)
  - Acetaminophen/aspirin/caffeine combination (Excedrin)

**By signing below I indicate that the above instructions have been explained and that I understand the instructions and have been given a copy.**

First and Last Name Printed: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Medical Record #: \_\_\_\_\_

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**Day of procedure Instructions and Guidelines:**

- Arrive to the procedure with the medications that we have indicated and do not take them until we ask you to.
- Make sure to bring a blanket, sweater, book, ipod, etc. to make you feel relaxed and comfortable while you are numbing. The numbing takes about an hour and 15 minutes to an hour and a half and you will be in an exam room waiting while the numbing cream is on.
- Wear loose fitting clothing or a button-up or zip-up shirt so that you do not have to worry about your clothing irritating your skin when you try to remove it once you get back home.
- Make sure you have a ride home.
- Males- arrive clean shaven.
- Females- arrive to the office with:
  - No makeup on
  - No creams
  - No moisturizers
  - No perfumes
  - No hairspray
  - No earrings or other jewelry
  - No lotions
  - No powders
  - or any other skin preparations (if applicable apply sunblock but let the Medical Assistant know you are wearing it so they can properly remove it).

**By signing below I indicate that the above instructions have been explained and that I understand the instructions and have been given a copy.**

Patient Name Printed: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Medical Record #: \_\_\_\_\_

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### FRACTIONAL CO2 POST TREATMENT INSTRUCTIONS

- Patient response can vary after a Fractional CO2 treatment. Erythema (redness), edema (swelling) and some pinpoint oozing are the desired and expected responses within a few minutes to hours after the completion of the procedure. The degree of redness, oozing and healing time will increase with the strength, depth and percentage of your treatment.
- Moderate redness normally varies depending upon the strength of the treatment.
- Oozing may occur after the treatment.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position for a few nights after the treatment.
- If an antiviral (Valtrex or acyclovir) was prescribed for you, please continue to take as directed.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol or as prescribed by the doctor.
- Cold compresses made out of the sterile gauze and soaked in water that has been refrigerated can be used to provide soaks on the face for comfort if the treated area is especially warm. Do the cold soaks 3-4 times per day hours after the treatment for about 2-3 days, but a warm feeling may still persist for a few days.
- Cleanse the skin three to four times a day with cool water and soft disposable gauze pads beginning the morning after the treatment. Use your hands to gently apply the water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face with water, reapply the occlusive barrier, (i.e. Aquaphor) taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Typically, the occlusive barrier is needed for 5 -10 days. (May be longer with deeper treatments). Reapply the occlusive barrier as needed. **Do not allow the treated area to dry out.** Cool soaks may be applied to reduce the burning sensation.
  - o Wet a soft cloth or gauze, soak treatment site for 15 minutes.
- Peeling and flaking generally occur within 24-48 hours post-treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin more frequently with water will help to promote the peeling process.
  - Avoid direct sunlight post treatment. Wearing sunglasses and a wide brimmed hat is recommended.
  - Your skin will also still be dry most likely, and needs to be moisturized and protected. We recommend using the moisturizer in the SOS kit provided. Once the skin is completely healed, you may begin washing, (still gently and without scrubbing), with the Gentle Cleanser in the kit and moisturizing with the Cicalfate moisturizer.
  - You may shower 24-48 hours after treatment. Be sure to wash your hair behind you to avoid getting shampoo or other chemicals directly on the treated area. Avoid hot water and steam on the treatment site for 1 week.
  - Avoid dirty, dusty environments, painting, hairsprays and perfumes while the skin is healing.
  - Avoid mechanical exfoliation for 4 - 8 weeks.
  - Avoid strenuous exercise and sweating until after skin has healed.
  - You may use mineral make-up after about a week or as recommended for lighter density or after skin is healed for higher density treatments. We recommend Jane Iredale mineral makeup or Colorscience for decreased risk of irritation, infection or other complications and offer free consultations. Please schedule a complimentary makeup consultation in our spa at least a week or two prior to your procedure if you would like to be color matched. Our makeup covers well, has a broad spectrum UVA/UVB sunscreen, contains no chemicals or dyes and does not absorb bacteria so it decreases the risk of infection or other complications.
  - A sunscreen is needed anytime you will have sun exposure. Once the skin has healed (no longer wearing the occlusive barrier), a moisturizing post-procedure sunblock (Physical, non-chemical sunscreen) should be worn on a daily basis to help prevent any hyperpigmentation that could be caused by direct and indirect sunlight. For the first 5-7 days or more following the procedure, it is best to stay indoors, away from windows and all sun exposure. After the first 5-7 days, minimize sun exposure, and if you will be exposed to sunlight, protect with a physical (non-chemical) sunscreen containing only zinc oxide and/or titanium dioxide. This includes: walking to the mailbox, driving in the car, etc.

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Some signs of infection may include: Excessive pain or fever of 101.5 or greater or abnormal irritation to the skin.

**If you have concerns about treatment, or other questions you need answered, or need to reach the office for any reason, please call (770) 952-2100. We have an answering service for after hours.**

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date