

MIXTO FRACTIONAL CO2

Gardner Dermatology & Med Spa

Medications, Reminders and Appointments

MEDICATIONS

- ☑ Phenergan and Demerol- bring with you to the procedure. You will take in office prior to procedure but do not take until they tell you to.
- ☑ Valtrex- start taking 2 days before procedure for a total of 7 days.
- ☑ Percocet- take as needed after the procedure as directed/as needed for discomfort/pain after procedure. Do not take until it has been at least 4-6 hours after procedure.
- ☑ Numbing with lidocaine/epinephrine may be given - you will have topical numbing applied to the area being treated, and may have a nerve block injected to the area being treated the day of your procedure.

REMINDERS

Stop use of all Obagi prescription topicals and exfoliants, (#3, #4, #5, Tretinoin), and ALL/ANY retinols, retinoids, retin-As, (including Tazorac and Tretinoin), facial scrubs, cleansing brushes, (Clarisonic, etc), at least 10-14 days before the procedure. (If having a deeper fractional CO2, stop 14 days before.)

Do not use any other exfoliants or topical prescriptions that may not be listed within 10-14 days of the procedure. It is okay to use: Obagi Cleanser (#1), Obagi Toner (#2), Obagi Hydrate and Obagi Sunscreen up until the day before the procedure.

Be sure to purchase plenty of Aquaphor from any drug store - do not purchase a tub, purchase the squeeze tube so you do not contaminate by dipping hand into container. Purchase bottled or purified water to wash your face with afterwards. Wash/color your hair (if needed), before your procedure, as you will not want to wash soon after your procedure.

APPOINTMENTS

Appt. for 2nd pre-op date and time: _____
(about 1-2 weeks before procedure - receive SOS Kit and review after care instructions - Aquaphor, Versalon, Soaks, Bottled Water, Purified Water)

Procedure Date: _____
(Stop use of all skin care, RX, exfoliants, etc listed above and as directed 10-14 days before, as well as any vitamins, supplements, OTC or prescription medications that may cause photosensitivity a week before).

Day of procedure arrival
time: _____
(1.5 hours before procedure time)

Actual procedure time: _____
(You will be here a total of about 2.5 - 3.5 hours, give or take, depending on depth of procedure, numbing applications needed, etc.)

POST PROCEDURE APPOINTMENTS:

Follow up appointment post procedure (schedule 1-3 days after the procedure if possible):

Follow up appointment with aesthetician for maintenance: (schedule 6-10 weeks after procedure for overview of regimen): _____

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Filler/Botox appointment post procedure (schedule 3-4 weeks or more post procedure): _____

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