



Laser Resurfacing Pre-Treatment Instructions

- Depending on skin type and condition you may require ZO homecare regimen to prepare the skin for your procedure. This helps prevent complications, and encourages the healing process, because the skin will be in a healthier state. Minimum 4-6 weeks prior to procedure.
- Botox may be recommended two weeks prior to the procedure to improve and enhance the results of the laser.
- It is required to use a SPF 30 or higher daily and reapply every 3-4 hours if in the sun for long periods of time.
- No self-tanning creams or sun tanning on the area to be treated.
- 5-7 days prior to procedure, you must stop the use of the ZO Pigment control + Blending cream and Retin A creams. Everything else in your regimen can be continued until the day of the procedure.
- The day before your procedure, you will start the anti-viral medication, (Valtrex, acyclovir etc) Antibiotic (cephalexin, Keflex), and Siligen (high potency Arnica).
- Day of procedure, bring your hydrocodone and valium or halcion with you.
- If you were not sent home with numbing crème prior to your appointment, we will have you arrive at the office 60 min before your procedure to have a topical anesthetic applied prior to your treatment to ensure your comfort.
- If you wear contact lenses, please remove and wear your glasses. Eye shields with an ointment will be placed in the eye for your protection.
- You will need a driver, so please make arrangements. You will have pain medications on board and eyes will be blurry from the ointment.
- ZO or Alastin Post Procedure Recovery System will be provided with deep treatments only.

** If you have any other questions, please call or email your laser tech at 480-905-1010

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Items to have on hand at home:

- Aquaphor
- Cortisone Cream
- 4x4 non-woven gauze and/or baby wash cloths
- Benadryl
- Distilled white Vinegar
- Preservative Free Lubricating Eye Drops (Refresh plus or Systane)

- No Make-up or sunscreens are allowed during the 5-7 days of the healing process. Your laser tech will let you know when you are able to use mineral make-up depending on where you are in the healing process.
- **You will be required to send your laser tech a picture on Days 1,3 and 5 post- op to make sure you are healing properly.**