



# Pacific Clinic

## **CO2 Laser (SmartXide Touch) Skin Pre-Treatment Instructions**

### **Skin Care:**

- 4-6 weeks before your treatment, avoid sun exposure, as well as tanning beds and tanning creams.
- If you are tanned, you may not be treated.
- Use a broad-spectrum (UVA/UVB) sun block SPF 45 or greater when treatment area is exposed to the sun.
- On the day of treatment, it is important that you cleanse the area to be treated.
- If you are a man you should be clean shaven before the procedure.

### **Medications:**

- Depending on your skin type you may be asked to use special medications to prepare your skin for treatment.
- If you have a history of herpes in the treatment area you may be given an antiviral.

### **Post-Treatment Skin Care Supplies:**

- Moisturizing occlusive ointment such as:
  - Aquaphor Healing Ointment
  - Vaseline based ointment.
- Gentle, hypoallergenic skin cleanser such as:
  - Cetaphil
  - Sarna sensitive antibacterial cleanser
- Cool gel packs
- A broad-spectrum (UVA/UVB) sun block SPF 45 or greater for pre- and post-treatment.



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## **General Recommendations:**

- On treatment day, you should wear comfortable clothes and a button-down shirt.
- Do not wear any jewelry on treatment day.
- If you wear contacts, do not wear them on treatment day; bring your eyeglasses instead.