Helix Laser *Pre-Care*

Getting ready for your resurfacing treatment

Good preparation makes healing smoother. CoolPeel usually means a few days of redness and flaking. Helix Fusion and Deep CO2 go deeper, so plan more time at home.

Your *countdown*

When	What to do
4 weeks before	Avoid sun, tanning beds and self-tanner. Use broad-spectrum SPF 30 or higher every day.
2 weeks before	No waxing, peels or other treatments on the area. Plan your downtime and any events around your healing.
7 days before	Pause retinol, tretinoin, acids, benzoyl peroxide and scrubs. If it is okay for you, pause ibuprofen, aspirin, fish oil and vitamin E.
1 to 2 days before	Start your antiviral if one was prescribed. Drink plenty of water and skip alcohol.

Get ready at *home*

- **For your vinegar soaks.** White distilled vinegar, distilled water, a clean bowl and soft gauze or clean washcloths. You will start soaks the same day, as soon as you get home.
- **For your skin.** A gentle cleanser, a light cream moisturizer without alcohol, Aquaphor for after the first 48 hours, and mineral SPF.
- **For comfort.** A clean pillowcase and an extra pillow to sleep slightly upright.

On the *day*

- **Arrive with clean skin.** No makeup, lotion or perfume. Wear a button-front or loose top.
- Numbing cream is applied first, so please plan extra time.
- **Fusion and Deep CO2:** please arrange a ride home if your provider recommends it.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You have ever had cold sores, even once
- You have used Accutane (isotretinoin) in the past 6 to 12 months
- You have a history of keloids or slow healing
- You are tanned or sunburned

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.