

CO2 Laser Preparation

0400 477 855

I want calm skin, not busy skin.

The week before

Please avoid:

- Sun exposure and tanning, start being particularly diligent with your SPF 50+.
- Fake tan on the treatment area.
- Retinol and other vitamin A products.
- Glycolic acid, AHAs, BHAs and other strong exfoliants.
- Other laser, IPL, peels, resurfacing or aggressive facial treatments unless I have specifically approved them.
- Injectables close to the treatment area within the timeframe I have given you (2 weeks normally).

If you're unsure whether a product or treatment should be stopped, ask me first.

Please tell me about anything your doctor has prescribed for you, including any skin treatments, before we start.

The day before

Nothing out of the ordinary. You have been prepping well, just drink lots of water the day prior. CO2 loves the water and so does RF.

The morning of

Nothing! Come in and let me do the rest.

Most importantly, come with clean skin and no makeup or active skincare on the treatment area, unless I have specifically instructed you otherwise. (If not possible, of course I can and will wash your face.)

What to expect on the day

From the time you arrive, allow approximately 2 hours.

Can I drive? Yes.

What to tell me first Please tell me if you have:

- Any active infection, cold sore, rash, broken skin or inflammation in the treatment area.
- Recently had sun exposure, sunburn or fake tan.
- Had injectables, surgery, laser, IPL, peels or other skin treatments recently.
- Started or stopped any medications or prescription skincare.
- A history of cold sores, particularly if we are treating around the mouth.
- A history of poor wound healing or abnormal scarring.
- Any condition or medication that may affect healing, bleeding or your skin's response to treatment.
- Any new skincare products or treatments that have caused irritation or sensitivity.

Please also tell me if anything has changed since your consultation.

Call me or text if you have any questions.