



Sean Alemi M.D., F.A.C.S
Fractional CO2 Laser Resurfacing & Chemical Peel

We are honored that you've chosen Dr. Alemi to be your surgeon. Below, you will find our pre and post-operative instructions. Please read them carefully to familiarize yourself with our protocols. Please reach out with any questions or concerns! We look forward to taking care of you.

Please purchase the following items in advance:

- Aquaphor
- Hydrogen peroxide
- Q-TiPs
- Cetaphil skin cleanser
- Epidermal Repair by SkinCeuticals

PREPARING FOR YOUR PROCEDURE

4 weeks prior

- Avoid tanning or heavy sun exposure and use a broad-spectrum sunscreen daily for four weeks before to treatment.
- Avoid deep facial peel procedures for four weeks before treatment (for example, strong chemical peels, laser resurfacing, dermabrasion).
- To prepare your skin for laser resurfacing, you may be prescribed a compounded topical retinoid and/or pigment suppressor on your skin for up to 8 weeks before your procedure. Please use this as directed.

1 week prior

- Stop applying any “irritating” skin products or procedures (including retinoids, bleaching creams, pigment suppressors, hydroxy acids, waxing, etc.). This includes the prescribed compounded retinol cream.
- Fill prescription medications provided by your doctor.
- Drink plenty of fluids and maintain a high fiber diet.
- Limit salt, caffeine, and alcohol
- If prescribed anti-viral medication, please start taking this the day before your procedure

Day of Treatment

- Take prescribed dose of antiviral medication (prescribed only if the laser includes around the mouth)
- Arrive with clean skin. Female patients should not wear any makeup/mascara, lash extensions, lotions, powders, or perfumes on or around the areas being treated. Male patients can shave the morning of their treatment but should not apply lotions or aftershave.
- Do not wear jewelry near the treatment area (earrings, facial piercings, necklaces)

- Bring prescription medications with you the day of procedure.

AFTERCARE INSTRUCTIONS

- Do not wash your face or neck for at the first 48 hours after the procedure. You can bathe from the neck down, but please do not apply any water pressure directly on the treated areas. Keep a thin layer of Aquaphor on your skin at all times.
- Beginning on the 3rd day after treatment, you may begin to use water to wash your face. Do not use cleanser at this time. Rinse your face with water, pat the skin dry and apply Aquaphor to the skin.
- **Hand washing is the most important thing you can do to prevent infection. Wash your hands every time before you touch treated area.**
- On the 5th day following the laser treatment, we recommend that you switch to using SkinCeuticals Epidermal Repair lotion. Please use this instead of Aquaphor.
- **Please finish all oral medications as prescribed.**
- We expect you to fully peel by the 9th or 10th day after laser treatment. Once you are fully peeled, you may begin to use mineral based makeup or cover up as needed.
- Please be cautious about sun exposure and do not expose your skin to the sun. If you will be outside, we suggest that you use a mineral based sunscreen to protect your skin in addition to hats and sunglasses to mechanically block the sun.
- We advise that you do not use any “active” skin care products (i.e. Vitamin C, acid serums or washes, retinol products) for at least 6 weeks following your laser treatment. If you have specific questions regarding products, please discuss with Dr. Alemi prior to resuming use.
- You may be prescribed a topical steroid lotion to help alleviate redness or skin breakouts following your laser treatment. We suggest that you mix a small amount of the steroid with an equal amount of the Epidermal Repair and apply to your skin twice daily.

CALL OUR OFFICE IF

- You have signs of infection including increasing redness, pain, foul odor or oozing from an incision.
- Persistent redness or the development of an itchy, red rash

Patient _____ Date _____

Witness _____ Date _____

Alemi Facial Plastic Surgery
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