



**Absolute Dermatology & Skin Cancer Center**  
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## **Deka Pulse CO2 Laser PRE-treatment Checklist**

### **7 Days Before:**

- ☐ Stop retinols, retinoids, chemical peels, Alpha- and Beta-hydroxy acids, all 'anti-aging' products. Stop all unnecessary supplements. Moisturize twice daily. Avoid sun exposure.
- ☐ Ensure you have at home supplies for aftercare. We recommend the following moisturizing products for post treatment:
  - La Roche Posay Thermal Water Spray (a must!)
  - Vanicream Cream (\$)
  - La Roche Posay Cicaplast Baume (\$)
  - Avene Cicalfate healing balme (\$\$)
  - Alastin Face and Neck Repair (\$\$\$)

### **2 Days Before:**

- ☐ Pick up prescriptions (Hydroxyzine, Valtrex and/or Antibiotics if needed) and at-home supplies.

### **1 Day Before:**

- ☐ Prepare pitcher of vinegar water (4 parts water: 1 part vinegar) and clean washcloths.
- ☐ Start course of Valtrex- 500mg twice a day for 7 days.
- ☐ Plan for a driver if you need medication for anxiety.

### **Day of Procedure:**

- ☐ Wash off make up, take out contact lenses. Pull back hair. Wear a button-down/ open front shirt.
- ☐ Pack headphones, iPad, entertainment for the time needed to numb.
- ☐ Arrive an hour prior to your scheduled time.

### **When you Arrive:**

- ☐ Pose for before photos prior to having numbing cream applied.
- ☐ Review the At-Home after care instructions to ensure you don't have questions.
- ☐ Take anxiety medication if needed.
- ☐ Relax and enjoy your time – you will numb until your procedure.

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