



**Dream Aesthetic**  
*by Dr. Ortiz*

## Dream Aesthetic by Dr. Ortiz

### *CO2 Laser Pre Care Instructions*

Your upcoming CO<sub>2</sub> laser treatment is designed to rejuvenate your skin and reveal a smoother, more radiant you. To ensure optimal results and reduce risks, please carefully follow the instructions below:

#### **7–10 Days Before Treatment**

- **Avoid Sun Exposure:** Do not tan or expose the area to direct sunlight. Always use SPF 30 or higher if outdoors.
- **Discontinue Active Skincare:** Stop using products with **retinoids, glycolic/salicylic acid, benzoyl peroxide, or vitamin C** in the treatment area.
- **No Waxing or Hair Removal Creams:** Avoid waxing, depilatory creams, or electrolysis in the treatment area.
- **Inform Us If...**
  - You are pregnant, breastfeeding, or have any new medical conditions.
  - You've had any recent cold sores or herpes outbreaks (you may need antiviral medication).

#### **2–3 Days Before Treatment**

- **Hydrate Well:** Drink plenty of water and keep your skin moisturized with a gentle hydrating cream.
- **Avoid Alcohol & Smoking:** These can impair healing and should be minimized.
- **No Harsh Treatments:** Avoid chemical peels, microdermabrasion, or facials in the treatment area.
- **Stop Hydroquinone:** Discontinue use of hydroquinone or any skin-lightening creams.

Hydroquinone can make the skin more sensitive and reactive to laser energy, increasing the risk of irritation, uneven healing, or hyperpigmentation after the procedure.

#### **Day of the Treatment**

- **Arrive With Clean Skin:** No makeup, lotions, sunscreen, or deodorant on the treatment area.
- **Comfort First:** Wear comfortable, loose-fitting clothing that won't irritate the treated area.
- **Medications:** If you've been prescribed any medications or a numbing cream, please take or apply as directed.
- **Plan Downtime:** Swelling, redness, and peeling are normal. Plan social and work activities accordingly.

#### **Your Safety Is Our Priority**

Our team at **Dream Aesthetic by Dr. Ortiz** is here to support your journey to beautiful, healthy skin. Please call us with any questions prior to your treatment.

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