

Parker Laser and Anti-Aging Clinic
19767 E. Pikes Peak Court
Parker, CO 80138

Matrix Fractional Skin Resurfacing
Pre-Treatment Instructions for the Patient

The following instructions will help you prepare for your treatment day:

- Avoid sun exposure for approximately one week prior to your treatment. Wear a broad-spectrum sunscreen with zinc and titanium. If you are spray-tanned, please exfoliate to help remove the tanning product in the treatment area.
- If you have a history of cold sores, ask your doctor in advance for a prescription of Valtrex or Zovirex. Take the day prior and day of procedure.
- Stop applying any irritating skin products at least one day prior to treatment (salicylic or glycolic products as well as exfoliators).
- Prescriptions for medications to be used after your laser treatment, by your pharmacist and available the day of your treatment.
- Eat the day of your laser treatment.
- Take 2 Tylenol and 2 Advil 45 minutes prior to your treatment. The numbing cream will go on 30 minutes prior to your treatment.
- Arrive on time for your laser treatment with clean skin. Female patients should not wear any make-up/ mascara, 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 on or around the areas being treated.
- If needed, bring your eye glasses. Contact lenses must be removed prior to treatment.
- Wear comfortable loose fitting clothes that do not go over your head. Buttoned shirts are preferable.

The following is a list of supplies to have available after your treatment:

1. Cetaphil cream (not lotion)
2. Cetaphil cleanser in pump
3. Aquaphor
4. Advil- take as needed for pain
5. Headband
6. Pillows for inclined sleeping