

Active Fx & Total Fx Pre-Treatment

Contraindications:

No Accutane use in one year

Any history of vitiligo, scleroderma, collagen disorders, radiation treatment, skin cancer, psoriasis, keloid, pregnancy, breastfeeding.

Pre-treatment:

Notify us if you have a history of developing cold sores (herpes infections), facial sores, or any other type of infection. Also notify us if you have permanent makeup.

Minimize sun exposure and use daily sunblock containing zinc oxide

Fill your prescription and begin taking the antiviral (Valtrex or other) the day before the procedure. If you have been given a prescription for medrol dose pack, begin taking it the morning of the procedure.

Bring one tablet of benedril (25 mg, over-the-counter) for the procedure.

Purchase 1% **hydrocortisone** cream (one tube) and a small bottle of **vinegar**.

Also purchase small cotton washcloths and wash them in unscented, powder detergent using an extra rinse cycle. Do not use fabric softener or dryer sheets on anything that will come in contact with your face or hands. This includes bed sheets, pillowcases, washcloths, and towels.

Maintain a healthy diet

Stop Retin A and bleaching creams 5-7 days before.

Begin taking arnica “4X4X4” four tablets under tongue four times per day for four days prior to procedure.

Morning of the procedure

Eat a solid meal, cleanse face and do not wear makeup or perfume to treatment and dress in comfortable clothes. Arrive at least one hour prior to procedure.

Medication Protocol

Valtrex – 1 daily starting day before procedure.

Medrol Dose Pack – start morning of procedure.

Valium/Demerol/Phenegan – 1 each on the way to procedure and bring rest.