Total FX Pre-Treatment Checklist

2-4 Weeks

- Meet with esthetician to discuss procedure
- (Optional) Begin taking Vitamin C 1000 mg 2 x a day
- (Optional) Begin taking Arnica Montana 30x 4 pills 3-4 times a day (dissolve sublingual
- Start a skin care regimen with Retinol + Hydroquinone

1 week prior to procedure

- Stop taking any Aspirin, Motrin, Ibuprofen, or Advil as this can cause more bleeding and bruising. Tylenol is okay to use.
- Fill your prescriptions

2 days prior to procedure

- Begin taking Valtrex 500 mg 2 x a day with food and will continue for 4 days post treatment for a total of 6 days. This is to prevent cold sores even if you do not have a history of cold sores

1 day prior to procedure

- Eat some fresh pineapple (This helps decrease bruising and excess inflammation)

1 hour prior to procedure

- Take one Valium 5 m (and/or Halcion) when you get to the office for numbing
- If you have allergy to these please let us know! **You will need a driver if you take these!**

Day of Procedure

- Eat a meal!
- Shower and wash your face with an antibacterial soap and wash your hair
- Wear an old button down shirt
- For Ladies
  - NO make-up or lotions (lipstick, blush, mascara, powder, etc)
  - NO hair products (hairspray, gel, etc)
  - NO jewelry
  - NO perfume
- For Men
  - MUST shave areas to be treated the morning of procedure

Post Procedure

- Avoid any aggressive exercise program for at least one week.
- A flare-up of acne or formations of milia (tiny white bumps on the skin) may occur 2-3 weeks post-treatment. These symptoms are not unusual and can be

easily resolved. Contact our office if this occurs and we will provide you with a Minocycline prescription.

- Sun protection is extremely important pre and post treatment.
- We encourage a quality skincare regimen to maintain your results and to help prevent future damage. A skincare consult is recommended 1 week post treatment.

"If you do what you always did, you get what you always got."

If you take Valium or pain medicine, you must have a driver for pick-up. They are welcome to come and watch the procedure. (Please provide us with a contact number for your driver)