

TWO WEEKS PRIOR TO YOUR PROCEDURE

- Call our office (405) 842.6677 to give us your pharmacy number so that we can call in your prescriptions. Some of the medications need to be started at this time.
- Begin applying the TriLuma cream at night, 30 minutes before bed – OR – Begin your Obagi skin care line with 0.05% Tretinoin cream

PURCHASE

1. Cetaphil facial wash
2. Cetaphil facial lotion
3. Aquaphor
4. Baking Soda
5. Frozen Peas (cold compress)

NOTE: Items can be found at your local Wal-Mart or Target

INSTRUCTIONS

- Avoid direct sun exposure for three months. (Always wear a total SPF sunblock of at least 40 UVA/UVB)
- Avoid topical exfoliation (Retin-A, Peels) for four weeks
- Remove Aquaphor from hair wash area with dish soap (Dawn)
- Discontinue use of the TriLuma cream or Obagi until for at least three weeks following the procedure.