

## **before rhytec plasma instructions**



### **One Month Prior:**

Avoid excessive sun exposure and tanning. Stop all bleaching and Retin-A (tretinoin) products.

### **One Week Prior:**

Stop all facial scrubs, alpha hydroxy acid and glycolic skin care products. Stop all self-tanning lotions and products.

### **Two Days Prior:**

**Valtrex (antiviral medication):** Only use this prescribed medication if the area around the mouth will be treated. This tablet should be started two days prior to the chemical peel and continued for a total of 7 days as instructed. This helps prevent a break out of cold sores. If you experience breakouts that burn or tingle, or a cold sore, please notify Dr. Lam and his staff.

### **Items to be Purchased Prior to Your Procedure:**

Q-tips, white vinegar, Vaseline ointment, cetaphil cleanser, cetaphil lotion (without sunscreen).

### **On the Day of Your Procedure:**

**Gently** cleanse your face and neck with an antibacterial soap. Do **NOT** scrub your face with any abrasive materials. Do **NOT** wear makeup or mascara. Do **NOT** clean your skin with acetone or alcohol. We recommend you wear a shirt, blouse or sweater that unbuttons in the front for easy removal postoperatively. Please bring a hair band for your hair if it is long.

### **For after the procedure:**

Prepare your bed with inexpensive linens that you do not mind soiling. Do not use towels around your head. They can abrade the skin and impair your healing.

**N.B.: YOU ARE NOT A CANDIDATE FOR THE RHYTEC PLASMA TREATMENT IF YOU HAVE AN INTERNAL DEFIBRILLATOR OR IF YOU HAVE BEEN ON ACCUTANE IN THE PAST YEAR.**