



PRE-OPERATIVE INSTRUCTIONS - eCOTone Laser Resurfacing

PROCEDURE DATE: _____

LOCATION: 4201 Lake Boone Trail Ste#103

ARRIVAL TIME: _____

FAILURE to READ and FOLLOW ALL INSTRUCTIONS can result in YOUR PROCEDURE BEING CANCELED.

- Read the [consent form for laser resurfacing](#) and [eCOTone procedure page](#).
- Use sunscreen and other forms of sun protection and avoid extended sun exposure at least 10 days prior to treatment.
- Obtain supplies for pre and post op care. Depending on your procedures, the recommended skin care may be included and provided to you. [Review our skin care recommendations](#).
- Avoid tanning lotions, self-bronzers, and tanning beds at least 10 days prior to treatment.
- Remove lash extensions and avoid mascara for at least 5 days prior to treatment.
- Stop use of any retinol and skincare products with active chemical exfoliants (BHAs/AHAs) such as salicylic acid, glycolic acid, and lactic acid at least 10 days prior to treatment.
- Over the counter supplements such as vitamins may also have products that make your blood thinner. These medications increase the likelihood of bruising and bleeding and should be discontinued at least 10 days prior to treatment.
- **Do not wear any makeup or skin care products to the procedure. Come to the appointment with a clean face. If you normally shave any facial hair, please do so the evening before.**
- **Dress in layers with short sleeves underneath - you may feel warm during the treatment. If receiving neck treatment, please wear shirts that allow access to the neck such as v-neck or square necklines.**
- **Bring a sun hat with you to the appointment for immediate use post procedure.**
- Optional Pre Procedure (Start 1 Day Before Procedure) Daily Product Usage
 - *AM/PM*
 - ♦ Cleanse skin with Ultra Calm Cleansing Cream.
 - ♦ Apply 1-2 pumps of Regenerating Skin Nectar.
 - ♦ Apply Ultra Light Moisturizer.
 - ♦ **Stop use of any retinol and skincare products with active chemical exfoliants (BHAs/AHAs) such as salicylic acid, glycolic acid, and lactic acid at least 10 days prior to treatment.**