



## HELIX:COOLPEEL/DEKA/SULTRA/FUSION

### Pre-treatment Instructions

- 6 months prior to treatment, stop the use of:
  - Accutane® (Isotretinoin)
- 7-10 days prior to treatment, stop the use of:
  - Retinols: Retin A, Tazorac®, “anti aging” products
  - Glycolic or Salicylic acid products
  - Read the labels on all of your skin care products, including over-the-counter to avoid these ingredients
- 2 weeks prior to treatment, stop the use of:
  - Tanning or sun exposure
  - Complementary/supplemental treatments (IPL, Hair Removal, Chemical Peels)
- 7-10 days prior to treatment, stop the use of:
  - Abrasive scrubs
  - Waxing
  - Microdermabrasion treatments
- **1 week prior: Start the WDC Procedure Enhancement Kit (\*OPTIONAL\*)**
  - This kit has been formulated to elevate the results of your procedure. It will work to assist and prep your skin to the procedure and strengthen your skin afterwards.
  - The kit contains gentle products and is optional for patients, but not required to see good results. This kit is ideal for patients who do not already have a good skincare regimen, or gentle products that they can use at home.
  - Please follow directions inside the kit for optimal results.
- All patients will be given medication to prevent cold sores. Even though you may have never had a breakout, most people have been exposed to the virus that causes cold sores. You will take Valtrex 1GM by mouth once daily starting the day prior to the procedure and continuing the next 6 days.
- In some cases, an acne breakout may occur post treatment. If you have a history of acne or would like to prevent the chance of developing acne, you will also be given a prescription for antibiotics to take for 2-3 weeks after the procedure.
- If you have a history of melasma or other issues with hyperpigmentation, we suggest starting a lightening cream such as Lytera 4 weeks prior to the procedure. This should be stopped 1 week before the procedure and restarted and restarted after you have healed. This is available for purchase in our office or a prescription of hydroquinone can be sent to your pharmacy.