



## **Pre-Procedure Instructions for Laser/BBL/Sublime/Sublative**

- Please come into the office with a clean face, i.e. no makeup, moisturizer, or sunscreen.
- Please do not stop any medications or aspirin if prescribed by your doctor. However, any self-prescribed supplements or over-the counter meds ( ibuprofen, fish oils, vitamin E, flaxseed oil, St. Johns Wort, ginger, garlic, feverfew, or turmeric) should be avoided 10 days prior to procedure.
- No alcohol for 24 hours prior to treatment.
- You should schedule treatments at least 2 weeks prior to an event.
- If you have a history of cold sores, let your provider know ahead of time as premedication may be recommended. Treatment cannot be done if you have an active cold sore.
- Eat a good breakfast and lunch to decrease your chances of becoming lightheaded.
- You cannot have a tan at the time of treatment because this increases risk of complications.
- You may apply a bland moisturizer after procedure such as CeraVe found over-the counter or Cicaplast available for purchase at Saybrook Dermatology.
- We recommend scheduling any laser/BBL/Sublime/Sublative procedure a minimum of 4 weeks after any surgery, biopsy, Mohs or some cosmetic procedures.
- A \$75.00 non-refundable deposit is required when scheduling the appointment in order to secure the technology.
- A mouth wash will be administered before the procedure begins. Notify the office prior to your appointment if you are allergic to shell fish.
- Bring a clean mask to wear after the procedure.