



## Total FX Pre-Treatment Instructions

### 2-4 Weeks Prior to procedure:

Avoid sun exposure and tanning (including self tanners)

For those with darker skin complexions or prone to hyperpigmentation, consult with Dr Stolley regarding the use of hydroquinone prior to the Total FX Treatment.

If you have any complicated or unstable medical condition, please ask your regular treating physician if it is safe to undergo fractional laser resurfacing.

### 1 Week Prior to Procedure:

Stop Retin A (Tretinoin) and other vitamin A containing compounds such as Retinol, Differin and Tazarac.

Stop potentially photosensitizing medicines including doxycycline and tetracycline.

Unless prescribed by your regular physician, stop Aspirin (including baby aspirin 81mg). Please call your regular physician if you have questions regarding stopping aspirin therapy.

Stop NSAID such as Ibuprofen, Advil, Nupren, Alleve, Naproxen, etc. Also stop Fish Oil, Flax seed oil, Vit E, Ginkgo, Garlic pills and Ginseng. Check multi vitamins for above ingredients.

### Prior to Procedure:

Items to pick up for your procedure and have prepared:

#### From MediSpa Maui:

Avene Gentle Cleanser  
Avene Moisturizer  
Avene Thermal Water Gel Pack  
Elta MD Moisturizer  
Elta MD UV Physical Sunblock

#### From Pharmacy:

Ibuprofen: Swelling  
Benadryl: Antihistamine  
1% Hydrocortizone cream: Itching

#### From Supermarket:

Distilled White Vinegar  
Distilled Water

\*Clean washcloths needed to make cool compresses

\*Prior to leaving for your treatment, we recommend that you make cool compresses to use the first 2-3 hrs following your treatment. To prepare this solution, place 4 teaspoons of distilled white vinegar in 1 quart of distilled water in a clean bowl. Soak clean wash clothes in solution, squeeze out excess and place in a zip lock baggy. Refrigerate (Do NOT Freeze)

If you have a history of cold sores in the area to be treated, start Antivirals (Valtrex) as prescribed on the day of the treatment and take for 5 days.

If you plan on taking pain/anxiety medicines for the treatment (as we highly recommend), please arrange for a driver and someone to accompany you for the first 12 hours after your treatment.

Come with no make-up including no eye make up.  
Please do not wear contact lenses. Glasses only, if needed.

### Please See Post Care Instructions Page