

# SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

MATTHEW B. DOPPELT, D.O., F.A.O.C.D., F.A.A.D.

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## Pre Procedure Instructions: **Standard SmartSkin Micro-Ablative**

It is important to follow all instructions as directed by your physician.

### BEFORE PROCEDURE:

- Depending on your skin type you may be asked to use special medications to prepare your skin for treatment.
- One month prior to procedure, avoid sun exposure, as well as tanning beds and tanning creams. Use a broad-spectrum (UVA/UVB) sunblock SPF 50 or greater when treatment area is exposed to the sun. If you are tanned, you may not be treated.
- The day prior to procedure, take two Valtrex 500 mg. Day of procedure take two Valtrex 500 mg prior to coming to the office. The day after procedure continue one Valtrex 500 mg each day remaining for 5 days.
- If you were prescribed any medications by our office to take day of procedure, please bring with you to your appointment and you will be instructed when to take each prescription.
- On the day of procedure, it is important to clean the area being treated.
- If you are a male and your face and neck are being treated, you should arrive clean shaven before the procedure.
- On treatment day, you should wear comfortable clothing and shoes. If your face or neck are being treated, wear a button-down shirt that does not require to pull over head.
- You should not wear any jewelry or hearing aids on treatment day. If you wear contacts, do not wear them on treatment day, bring your eyeglasses instead.
- If you have any questions about these instructions or the procedure, please contact our office.

*We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.*

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