



Phoenix CO2 Pre-Treatment Care

- Drink at least 64 ounces of water per day for two days prior to treatment.
- Avoid direct sun exposure for four weeks prior to treatment.
- Avoid use of sunless tanning products two weeks prior to treatment.
- Notify clinician if there is a known history of herpetic outbreak (cold sores/fever blisters):
Antiviral prophylactic is recommended.
- Avoid anti-inflammatories/NSAIDS (Aspirin, Aleve, Motrin) and fish oil supplements 72 hours prior to the procedure.
- Discontinue active products such as retinol or hydroquinone 72 hours prior to treatment
- Avoid treatments such as IPL, lasers or chemical peels 4 weeks prior to your treatment unless otherwise directed by your clinician.
- Avoid filler/neurotoxin injections 2 weeks prior to treatment.
- It is important to use any prescribed skincare products as directed by your treatment provider.
- Alert your provider of any medications or supplements you are currently taking as they may affect the outcome of your treatment.