

# CO<sub>2</sub> SMALL LASER

SMALL AREA FRACTIONAL ABLATIVE RESURFACING

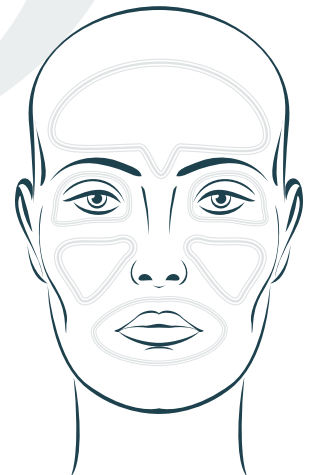


## TARGETS

- Wrinkles
- Fine Lines
- Tone & Texture
- Pigmentation
- Sun Damage
- Acne Scars
- Pre-Cancer Lesions
- Age Spots
- Benign Growths
- Oil Glands
- Surgical Scars
- Traumatic Scars

<i>Signature</i>	<i>Elite</i>
LINDSEY SMITH PA-C	DAVID SMART MD

CO <sub>2</sub> SMALL PRICING <i>by area</i>		
Around Eyes	\$1,400	\$1,830
Around Mouth	\$1,100	\$1,410
Cheeks	\$2,200	\$2,820
Forehead	\$1,700	\$2,250
PAYMENT IN FULL REQUIRED AT PRE-OP VISIT		



*If you require prescription pain management please contact the clinic 48 hours prior to treatment  
All prices subject to change without notice & may vary depending on individual needs*

PHONE  
Call or text us  
at 385.273.3376

SMART *Skin*  
DERMATOLOGY

LOCATION  
3200 W Clubhouse Dr. #100  
Lehi, UT 84043

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## ABOUT TREATMENT

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Carbon Dioxide (CO<sub>2</sub>) laser resurfacing offers the most dramatic results for fine lines and wrinkles, skin texture and tone, pigmentation and skin tightness. The most comprehensive laser treatment offered. A combination of deep collagen stimulation and surface level resurfacing leaves you with beautiful new skin. Takes 5-10 years off your appearance! This is the perfect treatment for individuals who want dramatic results.

## HOW TO SCHEDULE & VISIT LAYOUT

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- Decide on time of year to have treatment. Considerations below.
  - 7-10 days off from work required
  - 2 week strict sun avoidance
  - 1 month limited sun exposure with strict sun protection when outside.
  - 4 weeks prior to any important events.
  - You will need an escort to and from your appointment.
- Scheduling:
  - Contact office at 385-273-3376 and request to speak with the COSMETIC NURSE
  - Provide a date range you are hoping for (see considerations above)
  - Cosmetic nurse will schedule you.
- Payment:
  - \$500 required to book appointment
  - Remaining balance due at Pre-Op Visit
- Visit Layout:
  - Pre-op visit. 30 minute visit. Typically 2 weeks (12-18 days) before treatment date. Provider may opt to do all pre-op items at initial consultation dependant on multiple factors.
  - Treatment Day. 4 hour scheduled slot.
  - Post-Op Visit. 30 minute visit. Typically 3-6 days after treatment day.

## PRE-OP VISIT (IF NECESSARY)

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- Baseline photos will be taken. Please come without makeup and jewelry.
- Medications will be prescribed.
- You will receive your numbing cream.
- We review treatment expectations, prep, and aftercare.

## POSSIBLE SIDE EFFECTS

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- **Common:** Redness, swelling, bruising, crusting, itching,
- **Rare:** Scarring, hyperpigmentation, cold sores, infection, hypopigmentation

*More Info:*



*Resources:*



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## 2 WEEKS BEFORE TREATMENT

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- Arrange escort: This person will be assuming responsibility for you and cannot be a bus, taxi, or uber/lyft. It's also helpful to have someone stay with you and assist you for the first night if possible.
- Stop skin irritants 2 weeks before: Examples: Retin-A, retinols, glycolic acid, salicylic acid, Vitamin C, etc.
- Fill prescriptions: Prescriptions will be given at pre-op visit. Fill these before treatment day and pick up Vaniply Ointment.
- Sun Exposure: Try your best to avoid sun exposure as much as reasonably possible.

## DAY BEFORE TREATMENT

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- Start taking your antiviral (typically valacyclovir) & antibiotic as instructed by your physician.
- Prepare home: Older sheets, pillowcases and bedding on bed.
- Prepare vinegar soaks (see below)

## MORNING OF TREATMENT

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- Eat a light meal.
- Have hair washed, without product, and pulled back from face. Wash face with gentle cleanser.
- Do not wear makeup. NO MASCARA, EYELINER, OR EYELASH EXTENSIONS.

## 1 HOUR BEFORE TREATMENT

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- If prescribed, take recommended sedatives, as instructed by your physician.
  - For all other medications, take as instructed by your physician.
- Apply numbing cream.

## GENERAL AFTERCARE - HOW TO CLEANSE PROPERLY

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- Washing will be done 3-4 times daily. (breakfast, lunch, dinner, and before bed)
- Adjust water to lukewarm, do not use any hot water during the healing process.
- Wash hands thoroughly.
- Put approximately 4-5 pumps of Gentle Cleanser onto your fingertips, and lightly pat the entire treated area. (NO RUBBING OR SCRUBBING)
- Lean over the sink and gather the water from the running tap into your cupped hands and apply gently to treated areas. Repeat 4-5 times.
- Some ointment may remain, or you may feel some "grease". This is okay.
- Gently press a clean towel to the treated areas and slowly remove.
- You may shower the days following your procedure, but be sure not to allow water to directly hit treated areas. No hot showers for 2 weeks. Baths are not recommended for 2 weeks.
- If you typically shave your face, avoid shaving with a blade for 3 weeks. An electric shaver may be used after 2 weeks.

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## GENERAL AFTERCARE - VINEGAR SOAKS MIXING INSTRUCTIONS

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- What you will need:
  - Distilled Water 1 Gallon
  - Plain White Vinegar
  - Clean spray bottle
  - Clean bottle / bowl with lid for storage.
- Mix 1 Cup white vinegar with 1 gallon distilled water.
- Pour into Spray bottle
- Store spray bottle and remaining mixutre (if any) in fridge.

## GENERAL AFTERCARE - EXPECTATIONS

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- EXPECT: Oozing and bleeding immediately after the treatment.
- EXPECT: Treated skin will appear to have pattern of laser marks.
- EXPECT: Your skin will appear to be very swollen. This will go down over 48 hours.
- DO NOT: Scratch, pick, or scrape treatment area. Wear cotton gloves while sleeping if necessary.
- DO NOT: let treatment area dry out (this will lead to scabbing and could lead to scarring).
- DO NOT: expose healing area to the sun. Strict zero sun exposure for 2 weeks.
- WATCH FOR: Increased redness (some is to be expected).
- WATCH FOR: Increased pain.
- WATCH FOR: Increased heat.
- WATCH FOR: Thick yellow drainage from wound (clear, light oozing is completely normal and expected).
- WATCH FOR: Elevated body temperature.

## FIRST 24 HOURS AFTER TREATMENT

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- Apply Vaniply Ointment every 30 to 60 minutes. Do not allow skin to dry out.
- Use eye drops as necessary, Clear eyes/Refresh tears preferred. (ointment can melt into eye area and cause irritation)
- Cleanse before bed with Gentle Cleanser. (see wash instructions)
- Get up every 2-3 hours during the 2 first nights to reapply ointment.

## DAYS 2-8 AFTER TREATMENT

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- Cleanse with Gentle Cleanser 3-4 times a day. (see wash instructions)
- Use Vinegar Wash spray bottle to gently mist face. allow to sit for 2-4 minutes, pat dry. (store in fridge)
- Immediately after vinegar wash, apply thick layer of Vaniply Ointment.
- Continue to apply Vaniply Ointment 2-3 times as needed until next face wash.
- Further instructions will be provided at your post-op visit.