

## Donna Johnston, MD: Pre-Treatment

### Laser/Light Based Treatment

- Discontinue sun exposure, tanning bed, and self tanner at least a month before the treatment
- Discontinue Retinoids (Retin-A, Tretinoin cream, Retinol) 2 weeks prior to treatment
- Arrive at the office with clean skin free of make-up and lotions.
- Discuss with Physician prior to the treatment appointment if any topical anesthetic (lidocaine) will be used: A prescription can be called in: use prior to arriving as it takes 20-30 min. to take effect. Some procedures it is not advisable to use topical anesthetic.
- Discuss with Physician prior to the treatment appointment if any Ibuprophen 800 mg, sedative (Xanax, Valium, Ativan), or pain pill (Lortab) will be used. If a prescription is needed, this requires face to face visit with the physician to sign paperwork for the Rx. (It can't be called in without a visit.)