



## eCOTone Post Treatment Patient Instructions

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### **PRE-TREATMENT INSTRUCTIONS**

1. Please limit sun exposure starting at least 2 weeks before the procedure and continue to limit exposure for 2 weeks after the procedure.
2. Please discontinue use of the following blood thinners: Aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) such as Motrin, Celebrex, Aleve, and Ibuprofen, and anti-coagulants such as Coumadin, Warfarin, Marevan, Lawarin, and Waran 10 days before the procedure. If these medications have been prescribed by another physician/are medically necessary, please inform Dr. Chopra. Tylenol (acetaminophen) may be taken for pain.
3. Supra-therapeutic dose of Vitamin E and other herbal supplements have also been associated with increased bleeding and bruising. Discontinue for 10 days before the procedure.
4. Discontinue Retin-A and skin care products containing retinoids or glycolic acid for 2 weeks before the procedure.
5. No dermal fillers or Botox (neurotoxins) 2 weeks before or after procedure.
6. No makeup, mascara, eye shadow – all treated skin area(s) should be clean the day of the treatment.

### **POST TREATMENT INSTRUCTIONS:**

- Avoid activities that increase blood flow or body temperature (e.g. alcohol consumption, exercise, sauna) for 24-48 hours.
- Do not rub/scrub the area (Do NOT pick any scab, no matter how small! Let it heal naturally).
- Day 1-5: Apply Aquaphor, multiple times a day ( If you not have Obagi rebalance, apply Aquaphor 3-4 times a day) to keep face moisturized. Wash face with Obagi gentle cleanser AM/PM, or Cetaphil cleanser.
- Discontinue use of Retinol for 5 days post treatment.

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Provider Signature: \_\_\_\_\_

Date: \_\_\_\_\_