

IRVINE PLASTIC SURGERY CENTER
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WHAT IS CO2 LASER SKIN RESURFACING?

CO2 is a Carbon Dioxide laser that has been used for more than 25 years in the Aesthetic Industry for treatment of skin conditions such as fine and coarse wrinkles, scars of various origin, uneven pigmentation, and dilated pores. When a CO2 beam of light comes in contact with the epidermis it heats and vaporizes the skin tissue, instantly removing the superficial layers of the skin, scars and wrinkles while smoothing out the surface of the skin. This skin remodeling occurs with new skin and collagen growth.

FRACTIONAL SKIN RESURFACING and its BENEFITS

Fractional Skin Resurfacing is a Revolutionary Delivery System that increases the possibilities for busy people who want healthy, younger looking skin with minimal pain in a short period of time. The MiXto combines the benefits of a CO2 laser with a micro spot size of 300 microns that can treat 20-100% of the scanned area. Using a computerized pattern generator and a new scanning algorithm, thermal heat is dispersed within the epidermis while evenly treating damaged areas. This particular algorithm dramatically reduces pain, the need for anesthesia, and recovery time. Single treatments can show a significant improvement in skin texture and color.

RISKS

Erythema (redness of skin): The laser-treated areas have a distinctive redness representing increased blood flow due to the growth of the superficial tissue and collagen. It will gradually fade during the first two days.

Inflammation (swelling): Treatment with the MiXto System presents a minimal amount of swelling that can last up to 24 hours.

Hyperpigmentation (tanning): This is presented after the third day of the procedure but then begins to shed and reveal younger healthy looking skin.

A personal interview and clinical examination will be conducted to obtain relevant facts about your medical and dermatologic history, and any medications you are currently taking or have taken in the recent past. If you are prone to cold sores, you need to ask your doctor for an antiviral prescription before the treatment.

Fractional Treatment with the MiXto SX has been proven safe for the face, neck, chest, and hands.

INSTRUCTIONS

Cool compresses on and off (i.e. 20 minutes to the eyes for the first 24 hours). Typically, take some gauze and put it into ice water and wring it out. You do not need to do this while asleep. In some patients who have had laser resurfacing, the cool compresses hurt the laser areas. The use of col compresses is optional.

Mild Pain Medicine: Ibuprofen or plain Tylenol for mild to moderate pain. Moderate to severe pain—Percocet ½ tablet every 3-4 hours with food. Laser areas on lower eyelids or full face should be treated topically with Aquaphor for three days, and switch to Hydraphase or Cetaphil lotion on day 4.

Antibiotic by mouth—none unless recommended by doctor

Continue Zovirax(Acyclovir) one tablet 3 times a day for 5 days after surgery (start two days before surgery) Total of 7 days. This is to prevent an outbreak of cold sores.

Zofran 8 mg (Ondansetron) sublingual every 8 hours ONLY IF NEEDED for nausea. Call Dr. Altman if you are having nausea.

Do not pick at any scabs that may form. Avoid sun or trauma to the area for about 1 week. Inform Dr. Altman if you develop any open sores or infections.

If you have severe pain, swelling, or loss of vision, please call the office at once. It is normal for some cloudiness of vision from the ointment. You can use refresh tears as needed to wash out your eyes, or to give moisture if dry.

Appointment _____

Call Dr. Altman if you have any problems or concerns.

Donald Altman, M.D.

Informed Consent for Fractional CO2 Laser Procedures

PLEASE INITIAL

___ I understand that Micro-Spot Fractional CO2 laser is intended skin rejuvenation and that results may vary depending on the condition of skin, skin type, and area treated.

___ I understand that more than one treatment may be needed for optimal results.

___ I certify that I have none of the known conditions that could make treatment contraindicated:

- Pregnancy or currently breast feeding
- Herpes Simplex (cold sores or fever blisters) in area to be treated
- History of keloid scarring
- Use of medications that increase photosensitivity
- Tattoo in treated area
- Auto-Immune Disorders
- Diabetes
- Using Accutane
- Use of aspirin, Ibuprofen, and other anti-inflammatory medications
- UV light exposure 3 days prior and 3 days post treatment

___ I am fully aware of the possible complications from the Micro-Spot Fractional CO2 laser, including but not limited to:

- Mild to moderate discomfort
- Redness or swelling at the treated area
- Sun sensitivity
- Skin sensitivity
- Blistering
- Bruising/Swelling/Infection (rare)
- Temporary or Permanent skin pigmentation changes (rare): hypo- or hyperpigmentation
- Scarring (rare)
- Eye Exposure: Protective eyewear will be provided to me

___ I understand that there are other alternative treatments for skin rejuvenation besides Micro-Spot Fractional CO2 Laser.

___ I understand that photos may be taken for my medical records

___ I certify that I am a competent adult of at least 18 years of age and that this consent is given freely and voluntarily

I agree that this constitutes full disclosure and that it supersedes any previous verbal or written disclosures. I certify that I have read and fully understand the above information and that I have had sufficient opportunity for discussion to have any questions answered.

Signature of Patient/Guardian

Print Name/Relationship

Date

Signature of Witness

Print Name/Relationship

Date