



ABSOLUTE
COSMETIC MEDICINE

SMARTXIDE DOT TREATMENT PLAN

SMARTXIDE DOT Treatment Plan for _____

Area to be treated	Estimated individual treatment time	Estimated treatments required	Estimated total treatment time for series	Frequency
Treatment Summary				Treatment plan recommended
TOTALS				

PRE-TREATMENT INSTRUCTIONS:

- Apply SPF 30 sun block to treatment areas that are exposed to the sun. You may improve your results and reduce the risk of possible side effects by limiting exposure to the sun, tanning beds or tanning lotions for 4 weeks prior to treatment.
- Apply the topical cream _____ for inhibiting melanin production, every day for 4 weeks before the treatment (Highly recommended for darker and Asian skin types).
- Start the antiviral prophylaxis 6 days before the treatment if you have a positive history of herpes virus infections.
- Start the antiviral prophylaxis 2 days before the treatment if you don't have previous experience of herpes virus infections.
- It is recommended to continue the antiviral drugs at routine doses for 5-15 days after the intervention. The practitioner may consider prescribing antibiotic drugs, starting 1 or 6 days before the treatment (according to the patient medical history) and continuing for 7-8 days after the procedure.
- Inform us if you have taken in the past months or are planning to begin taking incompatible drugs as:
 - Anticoagulants such as, acetylsalicylic acid, heparin, etc.
 - Retinoids such as, isotretinoin - Accutane, etc.
 - Photo-sensitizers such as, tetracycline (antibiotic), naproxen (NSAID)/ auranofin (anti-rheumatic), estrogens and progestins (oral contraceptive), cloroquine (anti-malarial), etc.

Suspending the administration according to the specific drug so that its effect has expired before the treatment.
- Inform us if you have had any surgical treatment performed (such as lifting, etc.) in the past 6 months.
- Inform us if there has been any change in your medical history since your last visit (skin disorders, herpes virus infection, etc.)

PRIOR TO TREATMENT, DO NOT:

- Perform exfoliation treatment such as peeling with Retin-A, glycolic acid, etc. for 10 days prior to treatment.