

Patient Name: _____ Date: _____

A successful treatment requires a partnership between you and **Dr. John Antonetti!**

The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your treatment date. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your procedure may have to be postponed or delayed, at the judgment of Dr. John Antonetti. **This is essential to your health and safety.**

THREE (3) WEEKS OR MORE BEFORE YOUR TREATMENT

There may be several weeks between your decision to undergo treatment and the actual dates for treatment. During this time there are several important considerations:

- **Avoid Sun Exposure:** Sun exposure can greatly affect the outcome of your procedure. Avoid any direct sun exposure to the area which will be treated and wear a SPF 30 daily even if the region to be treated is covered by clothing.
- **Stop smoking:** Smoking can greatly impair your ability to heal.
- **Pre-operative testing.** Make certain to schedule all of the pre-operative testing and clearance you have been given. (Refer to the ***Pre-surgical Lab and Testing Orders*** form).
 - Make certain all test results are received by Dr. John W. Antonetti as required.

PRIOR TO YOUR TREATMENT

This is an important planning and preparation time. Follow all of the skincare and health habits you have begun in addition to the following:

- **Purchase ointment or other items as recommended.**
- **Fill your prescriptions and take/apply them according to the instructions you are given.** Our office will advise you accordingly. Your prescriptions include:
 - **Vitamin C 500mg**
 - **Multivitamins**

STOP taking the following for the duration before your surgery. Taking any of the following can increase your risk of bleeding and other complications:

- Aspirin and medications containing aspirin
- Ibuprofen and anti-inflammatory agents
- Vitamin E
- St. John's Wort
- Garlic Supplements
- Green Tea or green tea extracts
- Estrogen supplements
- All other medications indicated
- Herbal Medications

(You can always go to our website www.cliniquedallas.com and look for a list of medications to avoid.)

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- **NO SUN EXPOSURE:** Your procedure may have to be postponed if you have any tan at all. The need to postpone your procedure may **be at your cost.**

THE DAY OF YOUR TREATMENT

- Dress appropriately.
 - Do not wear cosmetics, jewelry of any kind, or body piercing in the area of the scar to be treated.
 - Wear comfortable, clean, loose-fitting, non-irritating clothing in the area of the scar to be treated. If the scar is located on your face or scalp, wear a wide-brimmed hat.

I have read and understand all of the above instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask my doctor and his or her staff any questions I have related to these instructions or about my procedure, health and healing.

Patient Signature: _____ Date: _____

Printed Name of Patient: _____

Signature of Practice Representative and Witness: _____