

Fractionally and Fully Ablative CO2 Laser Treatment Consent

I understand that the purpose of the CO2 laser treatment is to improve the appearance of facial and neck wrinkles, acne scarring, and hyperpigmentation. This is achieved by ablating the skin's surface using a CO2 laser.

Pre-Treatment Instructions

7-28 Days Before Treatment

- Moisturize skin twice daily (AM/PM).
- Drink at least 8 glasses (8oz) of water daily.
- Use a zinc oxide-based sunscreen (SPF 30+).
- Avoid prolonged sun exposure.

3-7 Days Before Treatment

- Discontinue topical retinoids 3-4 days prior.
- If you have a history of fever blisters (cold sores), speak to Dr. Caceres about starting antiviral medication.

Day of Treatment

- Cleanse treatment area thoroughly.
- Remove makeup, lotions, perfumes, gels, hairspray, and self-tanner.
- Do not use alcohol-based cleansers.

Understanding the Risks and Benefits

I understand the goal of this surgery is to improve skin appearance. I also understand that:

- Surgery has **no guaranteed outcome**.
- **Risks** may include infection, scarring, changes in skin pigmentation (both darker and lighter), reactivation of cold sores, need for additional treatments.
- **If internal eye shields are used, risks include** infection, corneal abrasion and allergic reaction to material or numbing eye drops
- Rare but serious risks include major complications or even death.

Alternatives to Surgery

I understand that I have options, including:

- No treatment
- Skincare products
- Other dermatologic procedures

Each has its own risks and benefits, which have been discussed with me.

Patient Acknowledgment

I've had the chance to ask questions, and all answers were clear. By signing, I agree to have the procedure done and understand everything explained above.

Post-Operative Instructions

Following these instructions will help your healing process and reduce the chance of complications:

_____: Patient Initials

Kevin Caceres, MD

1615 Pasadena Ave South Suite 220 Saint Petersburg, Florida 33707

Phone (727) 870-3223 Fax (727) 870-4223

This is a doctor's office regulated pursuant to the rules of the Board of Medicine as set forth in Rule Chapter 64BB, F.A.C

Patient Name:

DOB:

MRN:

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What to Expect After Surgery

Immediately after treatment

- You may have cool compresses to help remove any excess heat – it may be used for longer times with more aggressive treatments.
- Apply a topical ointment (like Vaseline or Petrolatum ointment) to the treated area(s) once the perception of heat has been reduced.
- Many patients see redness for 3-5 days or more after the treatments.
 - Redness is expected to last longer with stronger treatments.
- To help lessen the potential for swelling, consider sleeping with the treatment area elevated.
- Swelling and a mild to moderate sunburn sensation are common after the treatments and may last 1-3 days.
- It's possible that after the second day, the skin may appear as an exaggerated tan.
- Skin may flake during the 5-7 days healing process.
- Minimize the exposure to pets, especially cats.
 - Do not allow any pet to lick the treatment area.

Days 2-7 After:

AM

- Wash the treatment area with a mild soap or gentle cleanser (Cetaphil) and gently blot dry.
- If a post treatment product was purchased, it may be applied at this time.
- Wait ten minutes to apply a zinc oxide-based sun block.
- Allow the sunblock to rest, undisturbed for 5 minutes.
- Apply Vaseline or Petrolatum ointment to the treated areas.
 - Reapply every 3-4 hours and as needed to maintain a moist environment.
- Avoid scrubbing or trauma to the treated area.
- Avoid sun exposure to reduce the chance of hyperpigmentation.
- Continue using a zinc oxide-based sun block with an SPF 30+

PM

- Gently wash the treatment area using the mild cleanser mild soap or gentle cleanser (Cetaphil) and gently blot dry.
 - i. If a post treatment product was purchased, you may apply it at this time.
 - ii. Wait for ten minutes to apply Vaseline or Petrolatum ointment to the treated areas.
- Avoid exercise or any excessive heat for 2 weeks post treatment.
- Change your pillowcase daily and as needed for the first 7 days post treatment.
- Excessive sun must be avoided for 2 months post treatment.

When to Call the Office or Visit the ER

- Severe pain
- Numbness or tingling in the treated area

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Activity Restrictions

- **No smoking:** Slows healing and increases risks
- **Avoid alcohol:** For at least 2 weeks, as it interferes with healing and medications

Follow-Up Appointments

- **Attend all appointments** with Dr. Caceres to monitor healing
- **Report any unusual symptoms:** Redness, warmth, drainage, or worsening pain

Additional Tips

- Use **ice packs** as directed to reduce swelling.
- Keep your head elevated if recommended.
- Wear loose, comfortable clothing.

Patient Acknowledgment

By signing below, I confirm that:

- I have read or had this form explained to me
- I understand the risks, benefits, and alternatives
- I agree to follow all post-operative instructions
- I consent to the procedure by Dr. Caceres and his team

Patient / Agent / Guardian Signature

Witness Signature

Date Signed

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