

**Preparation for your Laser or IPL Treatment**

Laser Scheduling Reminders:

* If the laser is done for cosmetic reasons, you will need to pre-pay for the procedure one week prior to the laser procedure being done. Cosmetic payment options:
  + Drop by the office to pay by cash/check/credit card or call us to pay by credit card.
  + All laser appointments need to be cancelled one week in advance or it is non-refundable.
* Inform us if you have a history of cold sores or herpes in the area treated (laser light can activate herpes infections). Be sure to take your medication for cold sores the morning of the appointment if you have a history of cold sores. You will need a prescription prior to the day of the appointment.
* Avoid blood thinners for 10 days prior to your treatment (ex: Aspirin, Ibuprofen, Aleve, Motrin).
* We WILL NOT perform laser treatment if you have been on isotretinoin (sometimes known as Accutane) in the last 6 months.
* Inform us of any change in your health since the last visit (including pregnancy/breastfeeding). Treatments will not be done if the patient is pregnant, breastfeeding or has open sores in treatment area.

Pre-Treatment Care Instructions:

* Patients should not be tan for any laser or light procedures and should not have been exposed to the sun, tanning beds, or used self-action tanners for 2 weeks before the procedure. Tanning introduces an increased risk for dyspigmentation and also renders the laser less effective for removal of superficial vessels and the redness of rosacea. Tanning after laser treatments is also discouraged for 2 weeks.
* Avoid Botox at least 1 week prior and 1 week after treatment.
* Avoid dermal fillers at least 2 weeks prior and 2 weeks after treatment.
* Consider taking Arnica tablets 1 week prior to treatment to prevent bruising
* Patients who wear contact lenses will be required to remove them before the procedure and have available their own contact lens solution and case.
* Arrive to your laser appointment without any jewelry, makeup, moisturizers, lipstick, or other skincare products at the anticipated treatment site. Bring makeup with you if you would like to apply after treatment. Patients with long hair will need to supply head/hair gear to keep hair away from face.
* Do not bring children to your appointment. Assistance is not available to watch them while procedures are being done. Hazardous chemicals and equipment are in the vicinity and could potentially cause harm.
* Discontinue use of Retin-A, Renova, Differin, Tretinoin, Tazorac, glycolic acids, Vitamin C products, skin rejuvenating products, and any other potential irritants 2 days prior to treatment.
* Males/those with facial hair: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider). For male patients, you may experience hair loss if you opt for a treatment where your beard exists. Notify us if you have tattoos or permanent makeup in the areas being treated, as this can be affected.

Post-Treatment Care Instructions:

* You may apply cool compresses for comfort, if desired.
* Apply your sunscreen the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving.
* Do NOT pick, rub or scratch any scabs or dry skin that may appear. This may cause unwanted side effects such as darkening of skin and/or scarring.
* Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers etc.)
* Do not shave the treated area until the skin is completely healed.
* Treatment area should be gently washed daily with lukewarm water and a mild cleanser.
* If there is incidental blistering, the blister should be left alone or treated with Vaseline ointment.
* Redness or a sunburn sensation may occur after treatment. Typically, this only lasts a few hours.   
  Occasionally, redness may last several days. You may experience some mild swelling, redness and crusting after treatment that can last up to 5 days, and longer in rare cases.
* You may require multiple treatments to achieve optimal results, in which case there will be an additional charge. Patient skin conditions and skin types vary, as do the recommended number of treatments.