

Preparation for your Laser Treatment

Treatment Contraindications:

- You are not a candidate if you are pregnant, breast feeding, have open sores in the treatment area, or if you have been on isotretinoin (sometimes known as Accutane) in the past 6 months.

Laser Scheduling Reminders:

- 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.
- Inform us of any change in your health since the last visit (including pregnancy/breastfeeding).

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 or after the procedure. Sun exposure increases the risk for pigmentation changes and can also lower the efficacy of the laser treatment.
- Avoid neurotoxin injections (Botox, Jeuveau, Dysport, Xeomin, etc.) at least 1 week prior and 1 week after treatment.
- Avoid dermal fillers at least 2 weeks before or after treatment.
- Arrive to your laser appointment without any jewelry, makeup, moisturizers, lipstick, or other skincare products at the anticipated treatment site.
- Do not bring children to your appointment. Assistance is not available to watch them during procedures. Hazardous chemicals and equipment are in the vicinity and could potentially cause harm.
- Discontinue use of retinols (Retin-A, Renova, Differin, Tretinoin, Tazorac), acne products, glycolic acids, alpha hydroxy acid products, or skin rejuvenating products for 3 days prior to your 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 and inconsistent hair growth if you choose to treat the beard area.
- Notify us if you have tattoos or permanent makeup in the areas being treated, as the laser can alter tattoo pigment.

Post-Treatment Care Instructions:

- You may apply cool compresses for comfort, if desired.
- Apply sunscreen the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving. For longevity of treatment results, prevention of further sun damage, and for the best anti-aging benefit, diligent sun protection is vital. Continue to avoid sun exposure and wear SPF 30 or greater daily.
- Do NOT pick, rub, or scratch any scabs or dry skin that may appear. This may cause unwanted side effects, including scarring and pigment changes.
- Avoid strenuous physical exercise and exposure to excess heat (ex: hot tub, hot shower, etc.) for 24 hours post treatment, as this may impair desired results.
- 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.
- Consider taking a non-drowsy antihistamine (Zyrtec or Xyzal) up to twice daily to reduce swelling, and consider sleeping slightly elevated to lessen swelling.
- Wait 3 days to resume use of any retinoids (Tretinoin, Adapalene, Retin-A, etc.) or products which contain AHA (Glycolic acid), BHA (Salicylic acid), or brightening agents.
- If there is incidental blistering, the blister should be left alone or treated with Vaseline ointment.
- Redness or a sunburn sensation may occur. 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 usually resolves within one week.
- Multiple treatments may be required for optimal results. Patient skin conditions and skin types vary, as do the recommended number of treatments.