

# PRE-POST TREATMENT INSTRUCTIONS

## PRE-TREATMENT LASER INSTRUCTIONS

<b>Laser Hair Removal</b>	
<ul style="list-style-type: none"> <li>Do not wax, bleach, use depilatory creams, tweeze or have electrolysis for 2- 4 weeks. Shave area night before your visit. May leave small area unshaved for us to view the area(s).</li> <li>Avoid Chemical Peels, Photofacials, and Microdermabrasion for 2 week prior to treatment of the same area(s).</li> <li>Avoid unprotected natural, artificial sun and self tanner in the area to be treated for 2 weeks for best results. A broad spectrum sunscreen (UVA &amp; UVB) with a SPF of 30 or greater is recommended when outside.</li> </ul>	
<b>Photofacial/Skin Rejuvenation</b>	<b>Leg Veins</b>
<ul style="list-style-type: none"> <li>Avoid unprotected natural and artificial sun exposure of the area to be treated for 2- 4 weeks.</li> <li>Avoid Chemical Peels and Laser Hair Removal for 2 weeks or until healed.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid unprotected natural and artificial sun exposure of the area to be treated for 2 weeks.</li> <li>Diabetic patients need their blood sugar under control prior to treatment.</li> </ul>
<b>Skin Tightening</b>	<b>Acne</b>
<ul style="list-style-type: none"> <li>Avoid unprotected natural, artificial sun or self tanners 2 weeks prior.</li> <li>Avoid chemical peels and laser hair removal for 2 weeks prior or until healed.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid unprotected natural and artificial sun exposure of the area to be treated for 2 weeks for best results. A broad spectrum sunscreen (UVA &amp; UVB) with a SPF of 30 or greater is recommended.</li> </ul>
<b>Resurfacing/Fractional Resurfacing</b>	
<ul style="list-style-type: none"> <li>Avoid Chemical Peels, Photofacials, and Microdermabrasion for 2 week prior to treatment of the same area(s).</li> <li>Avoid unprotected natural and artificial sun exposure of the area to be treated for 2 weeks for best results. A broad spectrum sunscreen (UVA &amp; UVB) with a SPF of 30 or greater is recommended.</li> </ul>	

## POST-TREATMENT LASER INSTRUCTIONS

<b>Laser Hair Removal</b>	
<ul style="list-style-type: none"> <li>After treatment, the area may be tender, slightly red, and swollen. This reaction will disappear in a few hours. If burning sensation apply ice packs every 2 hours call office with any concerns.</li> <li>May apply aloe based lotions as needed.</li> <li>Use a broad spectrum sunscreen (UVA &amp; UVB) with a SPF of 30 or greater between treatments.</li> <li>Do not shave for 48-72 hours following treatment; stop all waxing, plucking, or bleaching. (Shaving is ok).</li> <li>In 14-21 days, you will see stubble. Do not be alarmed if it takes a full 3 weeks for the dead hairs to shed. If ingrown hairs appear, shave and exfoliate area gently.</li> </ul>	
<b>Photofacial/Skin Rejuvenation</b>	<b>Leg Veins</b>
<ul style="list-style-type: none"> <li>Avoid unprotected natural and artificial sun exposure of the area between treatments.</li> <li>Pigmented and vascular lesions will appear worse for approximately 3 days and then the areas should begin to fade over the next 7-14 days</li> <li>Makeup immediately following treatment is ok.</li> </ul>	<ul style="list-style-type: none"> <li>No heavy aerobic activity or hot baths for 72 hours, no rubbing, call office if blistering occurs or with any concerns. Avoid Sun x 2-4 wks and wear sunscreen SPF 30 UVA &amp; UVB block.</li> <li>Wear compression hose or dressing for 3-6 weeks.</li> <li>Brown staining, bruising may occur but resolves in 1-6 months.</li> <li>Vessels will begin to fade after 4-6 weeks.</li> </ul>
<b>Skin Tightening</b>	<b>Acne</b>
<ul style="list-style-type: none"> <li>Clean skin, good moisturizers and sun screen.</li> <li>Continue good hydration after and during, 48-64oz H2O q day, avoid excessive exercise, saunas x48-72hrs.</li> <li>May have some mild swelling &amp; redness, this is normal and subsides within 24- 48 hours</li> </ul>	<ul style="list-style-type: none"> <li>Avoid unprotected natural and artificial sun exposure of the area between treatments.</li> <li>Adhere to your treatment schedule for best results.</li> <li>Avoid Chemical Peels and Laser Hair Removal for 2 weeks or until healed.</li> </ul>
<b>Resurfacing, Moles, Warts, etc</b>	<b>Fractional Resurfacing</b>
<ul style="list-style-type: none"> <li>Meticulous wound care is crucial.</li> <li>Clean area daily with mild soap and dry.</li> <li>Keep area treated moist with Aquaphor 5-7 days.</li> <li>Avoid sun exposure until healed used broad spectrum sunscreen. Mineral Makeup day 7</li> <li>Treated area(s) heal within 5-7 days followed by pinkness for 2-3 weeks.</li> </ul>	<ul style="list-style-type: none"> <li>Clean area daily with mild soap and dry.</li> <li>Apply aquaphor only x 2days &amp; ice packs first 24 hrs. sleep elevated x 2 pillows. Avoid sun exposure until healed, use broad spectrum sunscreen w/30 SPF.</li> <li>Day 3 post lasing oint./sunscreen and mineral makeup. Treated area will be red 1-2 days followed by minor peeling and flaking.</li> <li>Day 5 exfoliate with cleanser and baking soda. Moisturize as needed with sunscreen and makeup.</li> </ul>